

Organized by

nirakara

B-85741262

# CERTIFICATE

OF COMPLETION

*Vasilios Xypolias*

Attended to the "Mindfulness Tools™" (M.T.) on September 3-8, 2015 in Madrid, Spain, offered by the UMass Medical School Center for Mindfulness in Medicine, Health Care, and Society and organized by the Nirakara Mindfulness Institute.

This program consists of 5 days (45 hours) of direct instruction in the presentational core elements and mindfulness meditation practices introduced in the Mindfulness-Based Stress Reduction (MBSR) program which was founded by Jon Kabat-Zinn at the University of Massachusetts Medical Center.

**The M.T. is not a Professional Training and does not prepare one to teach the MBSR program.**

*Florence Meleo-Meyer MS MA  
LMFT*

FLORENCE MELEO-MEYER MS, MA

*Robert D. Smith D.O.*

ROBERT D. SMITH, D.O.



Center for Mindfulness

in Medicine, Health Care, and Society