



Center for Mindfulness in Medicine, Health Care, and Society
University of Massachusetts Medical School
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To Whom It May Concern:

Richard Breitner successfully completed the MBSR Practice Teaching Intensive offered by the Center for Mindfulness in Medicine, Health Care and Society at the Center for Mindfulness at the Glenview Hotel in Wicklow, Ireland. As a result, Richard achieved Qualified MBSR teacher status and is qualified to teach MBSR. The intensive began on November 4, 2018 and concluded on November 12, 2018. Richard fully participated in the 9 day, 92-hour program.

Admission to the Practice Teaching Intensive was limited to those with extensive professional experience in the fields of health care, education and/or social change, a personal meditation and movement awareness practice, silent mindfulness retreat experience, and experience teaching or a strong intention to teach MBSR.

Sincerely,

A handwritten signature in blue ink that reads 'Jean Welker'.

Jean Welker
Project Coordinator, CFM Admissions