

# MiSP

**Mindfulness in Schools Project**  
certify that

*Jane Backhouse*

(NAME)

**Trained to teach the**

**.b**

**Mindfulness Curriculum**

**Online, 4<sup>th</sup> to 8<sup>th</sup> January 2021**

(PLACE & DATE)

Teach .b is a training course designed to further develop the mindfulness knowledge and skills needed to teach **Mindfulness in Schools Project's .b Curriculum** to young people aged 11-18.

Admission was limited to those with formal mindfulness training, such as MBSR / MBCT / .begin, and a committed personal mindfulness practice.



Chairman of the Board of Trustees

