

MiSP

Mindfulness in Schools Project
certify that

Julie Townsend

(NAME)

Trained to teach the

.b

Mindfulness Curriculum

Online, 8th to 12th February 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

