



Certificate of Completion

Kadri Mägi-Lehtsi

has attended
the Mindfulness MBSR Foundations Training CFM®
between October 31, 2020 and June 6, 2021.

The training consists of 11 full training days (80 hours), including 3 days in silent retreat. In addition, the training includes personal practice 5h/week.

The training is based on the Mindfulness-Based Stress Reduction (MBSR) program as developed by Professor Jon Kabat-Zinn. It provides the knowledge, skills, and understanding of mindfulness practice and using it in everyday life.

The training is suitable to support the participant's work as a trainer or therapist. Further, the training builds the foundation for participation in the Mindfulness MBSR Teacher Training Course.

Tallinn
June 6, 2021

A handwritten signature in blue ink, reading "Leena Pennanen", positioned above a horizontal dotted line.

Leena Pennanen
Certified MBSR Teacher & Mindfulness Teacher Trainer