

MiSP

Mindfulness in Schools Project
certify that

Dr Sanjay Suri

(NAME)

Trained to teach the

.b

Mindfulness Curriculum

Online, 13th to 17th June 2022

(PLACE & DATE)

Teach .b is a four-day teacher 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

