

University of
Massachusetts
Medical School

Center for Mindfulness in Medicine, Health Care and
Society
University of Massachusetts Medical School
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April 7, 2008

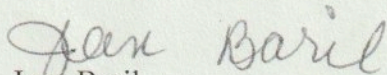
Heidi Andersen-Cervall
Vikinghills v 13
Saltsjo-boo, 13237 Sweden

To Whom It May Concern:

Heidi Andersen-Cervall successfully completed the 2008 Teacher Development Intensive in Mindfulness-Based Stress Reduction (MBSR), offered by the Center for Mindfulness in Medicine, Health Care and Society at the University of Massachusetts Medical School. The intensive began on March 30th and concluded on April 7th, 2008. Heidi fully participated in the 8 day, 92-hour program.

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

Sincerely,


Jean Baril
CFM Manager