



This certificate confirms that

HEIDI ANDERSEN-CERVALL

attended

MINDFULNESS TEACHER DEVELOPMENT

A six-day Teacher Training Retreat
at Trigonos, Nantlle, Caernarfon, North Wales
14th – 20th January 2006

Led by PAMELA ERDMANN, DAVID ELIAS & JUDITH SOULSBY

Centre for Mindfulness Research and Practice
Dean Street Building
University of Wales Bangor
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This course included 58 hours of teacher training in Mindfulness-Based Approaches. Admission to the programme was limited to those with extensive professional experience and a solid meditation practice.

The training offered participants extensive opportunity to develop their personal mindfulness practice and skills in teaching mindfulness-based approaches. It does not constitute a qualification or certification by the Centre for Mindfulness Research and Practice.

Pamela Erdmann, MEd
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