



Center for Mindfulness in Medicine, Health Care, and Society
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Allison Peet
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To Whom It May Concern:

Allison attended the Practicum in Mindfulness-Based Stress Reduction: Living Inside Participant-Practitioner Perspectives. This 9-day Intensive began on April 3, 2016 and concluded on April 12, 2016. The program consisted of two parts. Part one included participation in Mindfulness Tools for Living the Full Catastrophe, a five-day course offered by the Center for Mindfulness in Fort Lauderdale, Florida. Part two included participation in the four day Residential Practicum Seminar in Mindfulness-Based Stress Reduction in Fort Lauderdale, Florida.

Allison Peet participated fully in and completed the 9-day, 66 hour Practicum in Mindfulness-Based Stress Reduction Seminar.

Sincerely,

A handwritten signature in black ink, appearing to read 'Jacqueline Clark'.

Jacqueline Clark
Oasis Project Coordinator