



Center for Mindfulness in Medicine, Health Care, and Society
University of Massachusetts Medical School
Department of Medicine
Division of Preventive and Behavioral Medicine
55 Lake Avenue North
Worcester, MA 01655
508.856-2656 (office) 508.856.1977 (fax)

September 25, 2016

Allison Peet
allisonpeet@gmail.com

To Whom It May Concern:

Allison Peet successfully completed the MBSR Practice Teaching Intensive offered by the Center for Mindfulness in Medicine, Health Care and Society at the Center for Mindfulness Shrewsbury, MA. The intensive began on September 17, 2016 and concluded on September 25, 2016. Allison fully participated in the 8 day, 92-hour program.

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

Sincerely,

A handwritten signature in black ink that reads 'Jacqueline Clark'.

Jacqueline Clark
Oasis Project Coordinator