



Center for Mindfulness in Medicine, Health Care, and Society
University of Massachusetts Medical School
Department of Medicine
Division of Preventive and Behavioral Medicine
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May 28, 2015

Sylvie Chabas
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To Whom It May Concern:

Sylvie Chabas successfully completed the 2015 Teacher Development Intensive in Mindfulness-Based Stress Reduction (MBSR), offered by the Center for Mindfulness in Medicine, Health Care and Society at Ananda, Greystones, Co Wicklow, Ireland. The intensive began on May 17th and concluded on May 25, 2015. Sylvie 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,

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

Jacqueline Clark
Oasis Project Coordinator