



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)

March 11, 2017

Stephane Rivest  
stephane\_rivest@videotron.ca

To Whom It May Concern:

Stephane Rivest successfully completed the MBSR Practice Teaching Intensive offered by the Center for Mindfulness in Medicine, Health Care and Society at Earthise at IONS, Petaluma, CA. The intensive began on March 3, 2017 and concluded on March 11, 2017. Stephane fully participated in the 9 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, appearing to read 'Jacqueline Clark'.

Jacqueline Clark  
Oasis Project Coordinator