



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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April 21, 2018

Nawal Jammot  
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To Whom It May Concern:

Nawal Jammot 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 April 13, 2018 and concluded on April 21, 2018. Nawal 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