



Oxford
Mindfulness
Centre

Confirmation of Attendance

Online - Mindfulness: MBCT for Life - 8 Week Course - Wednesdays
18/11/2020 - 06/01/2021 from 10:00AM-12:00PM plus Sunday

Session 3/01/2021 from 10:00-15:00

18 November 2020 - 6 January 2021

10:00 - 12:00

Dr. Prerna Tambay

Attended the above course

Taught by:
Liz Lord

Sharon Hadley
Chief Executive Officer
Oxford Mindfulness Foundation

Please note this attendance does not qualify the participant to teach mindfulness courses