



May 17th, 2023  
Inés Velo

Dear Inés,

Congratulations on the successful completion of the October-November 2022 MBSR Teacher Advancement Intensive training, offered through the Instituto Mexicano de Mindfulness following the guidelines of the Global Mindfulness Collaborative (GMC), held online from October 21<sup>th</sup> to November 20<sup>th</sup>, 2022.

The Teacher Advancement Intensive consists of 9 days of online training and 82 direct contact hours. In addition, each participant spends time prior to and during the program in study, reflection and preparation.

Through your engagement and active participation throughout the program, you exemplified qualities of steadfastness, openness, and presence—qualities that will support you in teaching.

The MBSR Teacher Advancement Intensive completes the Level 1 training of the Teacher Training Pathway as described by the Global Mindfulness Collaborative, and you are now eligible to teach the full 8-week MBSR Program.

Taking responsibility for the beneficial development of MBSR and the field of mindfulness in the world, requires fidelity and integrity in your announcement of the training you have completed. Please do not state that you are certified until all training components have been completed. MBSR is a course with specific timing and elements. Your ethical contribution furthers the integrity and research that is essential for understanding the benefits of MBSR for public health and for the relief of suffering in the world.

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In order to be listed in the Registry of MBSR teachers, Level One, you are welcome to complete the form located here: <https://globalmindfulnesscollaborative.org/mbsr-teacher-directory-form>

Wishing you much joy on the path: in teaching and in learning.

Kind regards,



Eric López-Maya, Ph.D.  
Director  
Instituto Mexicano de Mindfulness