



Mindfulness Northwest

mindfulness training, classes, and professional development

Mindfulness Northwest hereby certifies that

R. J. Rongcal

*has completed all of the requirements for
Certification as a Teacher of Mindfulness
through the Mindfulness Teacher Training Program*

October 17, 2019

The bearer of this certificate has completed a 9-month, 350-hour, training in the fundamentals of teaching mindfulness. This training included extensive practice and study in: (1) mindfulness practices, (2) underlying psychological and scientific understanding of mindfulness, (3) the history of mindfulness implementation, (4) Buddhist roots of mindfulness, and (5) effectively leading and guiding participants in mindfulness training. And further has passed a portfolio review of their competence in teaching mindfulness.

Rev. Tim Burnett, Executive Director