



# Certificate of Completion

Kristel Ditmann

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has successfully completed  
**the Mindfulness MBSR Advanced Training CFM®**  
between October 5, 2021 and April 8, 2022  
and has thus obtained the qualification of  
**Mindfulness-Instructor CFM®**

The training consists of 9 full training days and 8 half days (in total 95 hours). The training included also 5 days in silent retreat and personal practice 5h/week.

Kristel has adopted the ability and skills to guide an 8-week Mindfulness-Based Stress Reduction (MBSR) program as developed by Professor Jon Kabat-Zinn.

Tallinn / Estonia  
November 13, 2022

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Leena Pennanen  
Certified MBSR Teacher & Mindfulness Teacher Trainer

Center for Mindfulness, Finland Oy  
mindfulness.fi