



mindfulness
EXERCISES
INSTITUTE

CERTIFIED MINDFULNESS MEDITATION TEACHER DEBRA TIMMERMAN

successfully completed our thorough training program to teach
evidence-based mindfulness and meditation practices for enhancing
people's mental health, resilience and well-being.

Internationally Accredited by
The Continuing Professional Development Certification Service

CPD
CERTIFIED
The CPD Certification
Service

Attested to on this 15th day
of July, 2019

Sean Fargo

Sean Fargo
Founder
Mindfulness Exercises
MindfulnessExercises.com