

CERTIFIED MINDFULNESS MEDITATION TEACHER (MMT)

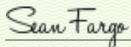
MELISSA FRITCHLE

successfully completed our personalized training program to teach evidence-based mindfulness meditation exercises that enhance people's mental health, resilience and well-being.

Internationally Accredited by The Society of Holistic Therapists & Coaches



Attested to on this 12th day of May, 2018



Sean Fargo

Founder

Mindfulness Exercises Institute