



mindfulness
EXERCISES
INSTITUTE

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

Sean Fargo
Founder
Mindfulness Exercises Institute