



# CERTIFICATE OF COMPLETION

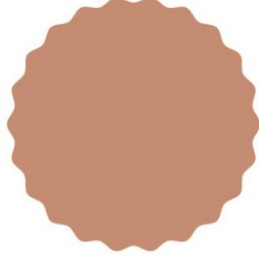
100-HOUR MINDFULNESS MEDITATION TEACHER

MAR - JUNE 2023

## Michael O'Connell

Has successfully completed this Mindfulness Meditation Teacher Training

DAVID NICHTERN  
CEO & Founder of Dharma Moon



BEATA TIKOS  
Managing Director of Tibet House