



BRUSSELS  
Mindfulness

# Certificate of Completion

Awarded to

**Sophie Delaunay**

Programme: *8-week mindfulness course (intensive format)*

Date of completion: *July 2019*

*The course consisted of 8 sessions of 2 hours which have been held in Brussels. It is based on mindfulness-based cognitive therapy (MBCT) for non-clinical settings developed by professor Mark Williams of Oxford University. Brussels Mindfulness and its trainers have been trained and authorised to use the curriculum by the Oxford Mindfulness Centre.*

Trainer:

Steve Savels

Mindfulness Teacher

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