



February 17, 2020

Jerry Cambra

Dear Jerry,

Congratulations! With the successful completion of your MBSR Teacher Assessment and Review, it is with joy and enthusiasm I recommend you for MBSR Teacher Certification.

This acknowledges your years of commitment and dedication to practice, learning, study, and to the larger intention to serve the world through teaching MBSR.

Through the Assessment and Certification process at the Mindfulness Center at Brown University School of Public Health we recognize your alignment with a particular ethos:

- To do no harm;
- To recognize the inherent wholeness in each human being, complete as they are;
- To understand that knowledge and wisdom reside in the body as well as in the mind and cognition;
- To foster a presence and stance of inclusivity and welcome.

While this is a moment to celebrate, certification in MBSR teaching also represents an ongoing responsibility to maintain the integrity of what has been entrusted to you. This is supported by annual retreat time, continued practice and study, regular mentoring while teaching, along with attention to personal development.



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With this recognition, you will be listed on the Registry of Certified MBSR Teachers on the Brown Mindfulness Center's website, joining an international community of teachers and leaders in the field of MBSR and mindfulness.

Once again, please accept the congratulations and best wishes from everyone at the Mindfulness Center at Brown.

Eric B. Loucks, Ph.D.
Associate Professor, Department of
Epidemiology
Director, Mindfulness Center
Brown University School of Public Health

Florence Meleo-Meyer, M.S., M.A.
Program Director
Global Relations and Professional Education
Mindfulness Center
Brown University School of Public Health

Dianne Horgan
Associate Director
Mindfulness Center
Brown University School of Public Health

Lynn Koerbel, M.P.H.
Assistant Director
MBSR Teacher Education and Curriculum
Development
Mindfulness Center
Brown University School of Public Health