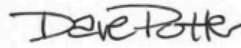


This is to certify that  
**Vritika Parikh**

on June 27, 2021

successfully completed the eight-week MBSR course  
[ including approximately 50 hrs of instruction, reading, and practice ]

**Mindfulness-Based**  
**Stress**  
**Reduction**



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Dave Potter  
certified MBSR Instructor

[ Online MBSR course offered through [paousemindfulness.com](http://paousemindfulness.com), Moscow, Idaho, USA ]