



BRITISH  
MINDFULNESS  
INSTITUTE

## **British Mindfulness Institute**

THIS IS TO CONFIRM THAT

HAS SUCCESSFULLY COMPLETED THE

**8 WEEK ONLINE MINDFULNESS & MEDITATION COURSE**

Signed

A handwritten signature in blue ink, appearing to read 'Paul Lambkin', written in a cursive style.

**Paul Lambkin**  
CEO – British Mindfulness Institute



IRISH  
MINDFULNESS  
INSTITUTE

## **Irish Mindfulness Institute**

THIS IS TO CONFIRM THAT

HAS SUCCESSFULLY COMPLETED THE

**8 WEEK ONLINE MINDFULNESS & MEDITATION COURSE**

Signed

**Paul Lambkin**  
CEO – Irish Mindfulness Institute




CANADIAN  
MINDFULNESS  
INSTITUTE

# Canadian Mindfulness Institute

THIS IS TO CONFIRM THAT

HAS SUCCESSFULLY COMPLETED THE

**8 WEEK ONLINE MINDFULNESS & MEDITATION COURSE**

Signed 

**Paul Lambkin**  
CEO – Canadian Mindfulness Institute