



Mindfulness Practices

Course completed by Àngel Ollé Blázquez
Jul 21, 2025 at 09:55PM UTC • 2 hours 3 minutes

Top skills covered

Mindfulness

A handwritten signature in black ink, appearing to read "Shea Hanson".

Shea Hanson, Head of Learning Content Strategy

Certificate ID: b0d79259567f8fe68b2a2dbf0c52bf10924aa0a167444dca8fc1a59bd9b1b7b3

