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Josef Machytka

has successfully completed

Foundations of Mindfulness

an online non-credit course authorized by Rice University and offered through
Coursera

A blue ink signature of Dr. Elizabeth Slator.

Dr. Elizabeth Slator
Associate Director, Gibbs Recreation and Wellness Department
Director and Lecturer, Lifetime Physical Activity Program

COURSE CERTIFICATE



Verify at coursera.org/verify/XAMJPS8E7F3M

Coursera has confirmed the identity of this individual and
their participation in the course.