



De-stress: Meditation and Movement for Stress Management

Course completed by
Sep 09, 2024 at 02:35AM UTC • 36 minutes

Top skills covered

Mindfulness Based Stress Reduction

A stylized, handwritten signature in black ink that reads "Dan Rodnitzky".

Head of Global Content, Learning



Certificate ID: ec369243b8e7ae3f4fb3cc67d2ff3acc9c49edee8c0df55b478b5c727e4022b3