



Mindfulness for Beginners

Course completed by
May 03, 2024 at 06:14PM UTC • 2 hours 24 minutes

Top skills covered

Mindfulness

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

Head of Content Strategy, Learning



Certificate ID: 164b2971e0f68af31ff5f7724cd45d1ced7df94ca595ff50f7af3c88dcaa01bb