



Certificate of Excellence
Mindfulness Facilitator
MF 100

100 Hours
 5 Credits

Code	Course	Clock	Credit	Pre-Requisites	Date
MF 101-OL	Mindfulness: Introduction and Movement	40	2.00		
MF 201-OL	Mindfulness: Guided Imagery	20	1.00		
MF 301-OL	Mindfulness: Attention and Breath Techniques	20	1.00		
MF 401-OL	Mindfulness Facilitator	20	1.00		
	Subtotal	100	5.00		

Student

Date

Advisor

Date

SWIHA's mission is to inspire individuals to discover their gifts and graces, and support them as they share their talents with the world in a loving and