

Danish Mindfulness Academy Diploma
Mindfulness Consultant and Teacher

issued to:

Morten Bonde

for the completion of practical tasks, written assignment, and full participation
in connection with

Mindfulness Consultant Training
Danish Mindfulness Academy
2022-2023



Tina Eldrup Pedersen

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Owner and Education Leader

This diploma is issued based on:

- Teaching about frameworks, didactics, background and philosophical foundations, mind-body medicine, stress theory, pain theory, overview of the brain, mindful dialogue, mindful movement and theory.
- Practical training in guidance, argumentation and introduction to group and individual courses.
- Continuous mindfulness practice
- A minimum of 80 lessons of combined teaching as well as immersion, homework and portfolio assignments.