



University of  
Massachusetts  
Medical School

Center for Mindfulness in Medicine, Health Care,  
and Society  
University of Massachusetts Medical School  
55 Lake Avenue North  
Worcester, MA 01655  
508.856-2656 (office) 508.856.1977 (fax)  
[www.umassmed.edu/cfm](http://www.umassmed.edu/cfm)

October 6, 2015

Vassilis Xypolias  
vasxyp@gmail.com

To Whom It May Concern:

Vassilis Xypolias attended the Practicum in Mindfulness-Based Stress Reduction: Living Inside Participant-Practitioner Perspectives. This 9-day Intensive began on September 3 and concluded on September 12, 2015. The program consisted of two areas of concentration. Area one included participation in Mindfulness Tools for Living the Full Catastrophe, a five-day course offered by the Center for Mindfulness with the Nirakara Mindfulness Institute, held at the Escorial-Natura convention & resort center in Madrid, Spain. Area two included participation in the Practicum in Mindfulness-Based Stress Reduction: Living Inside Participant-Practitioner Perspectives Seminar also offered by the Center for Mindfulness with the Nirakara Mindfulness Institute, held at the Escorial-Natura convention & resort center in Madrid, Spain.

Vassilis participated fully in and completed the 9-day, 66 hour Practicum in Mindfulness-Based Stress Reduction: Living Inside Participant-Practitioner Perspectives Program.

Sincerely,

A handwritten signature in black ink, appearing to read 'Jacqueline Clark'.

Jacqueline Clark  
Project Coordinator, Oasis Institute  
Center for Mindfulness