



MINDFULNESS
EXERCISES

CERTIFIED MINDFULNESS MEDITATION TEACHER ANISHA MAHESHWARI

successfully completed our training program to teach evidence-based mindfulness and meditation practices for enhancing people's mental health, resilience and well-being.

Internationally Accredited by
Continuing Professional Development Certification Service and
International Mindfulness And Meditation Alliance



Attested to on this 21st day of
September 2024

Sean Fargo

Sean Fargo
Founder
Mindfulness Exercises
MindfulnessExercises.com