

January 17, 2018

Dear Center for Mindfulness,

It is my heartfelt pleasure to recommend Geri Wilimek for Teacher Certification in MBSR by the Center for Mindfulness. I met Geri nearly twelve years ago when she attended my eight week MBSR class. She drove from Bemidji to attend the class. She was a lovely participant and she loved the class and its structure. Since that time, Geri and I have met and spoken numerous times over the years discussing mindfulness, practice and MBSR.

She had the courage and initiative to complete the trainings at U Mass and she started her own MBSR program in 2008 in Bemidji, Minnesota. Geri leads by example, incorporating mindfulness into her life and others. Geri understand the content of the curriculum and I believe she conveys it in a way that encourages her participants to investigate and integrate it into their own lives in their own unique ways. I am positive that Geri teaches her classes with warmth, passion, enthusiasm and understanding.

For the last seven years, she has offered a community sitting group weekly for the practitioners in her area. She is an asset to her community. I am very proud of Geri and what she has accomplished for herself and her community. She is a disciplined student and teacher. She learns and grows from everyone she meets. Please feel free to contact me if you have any questions.  
Thank you.

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Certified Mindfulness Teacher  
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