

Dear Practicum Applicant,

Thank you for your interest in the ***Practicum in Mindfulness-based Stress Management*** at the Penn Program for Mindfulness. This program is designed to help you to immerse yourself more fully in the experience of mindfulness, to support and enhance your own personal practice, and to give you additional tools that will help you communicate this experience to others. The Practicum is an important step in learning more about how mindfulness creates opportunities for change and growth.

In order to complete your application, please forward to us:

1. **Your current CV or resume**, including information about any relevant educational or work experience.
2. **A letter** which includes:
 - a. **Preferred contact information**, including mailing address, phone number and e-mail address.
 - b. **A brief history** of your mindfulness and meditation practice, including
 - the tradition(s) in which you received mindfulness or meditation training
 - a description of your current practice
 - information about all teacher-led meditation retreats that you have Attended
 - the relevance of mindfulness practice to your current life situation, both personal and professional.
 - c. **Your reasons for applying** to this program, why it might benefit you, and how you hope to use it in the future.

When we have received this information we will schedule a discussion with you about the Practicum, either by telephone or in person.

Thank you very much for expressing your intention to join us for this powerful and important training. We are looking forward to working with you to take the next step in bringing mindfulness more fully into our world.

Warmly,

Michael Baime MD

Karen Bowles MD