Palouse Mindfulness

Mindfulness-Based Stress Reduction

Palouse Mindfulness • 1009 Tolo Trail • Moscow, ID 83843

May 3, 2024

To whom it may concern:

This letter gives permission to reproduce the materials from the Palouse Mindfulness course specified in palousemindfulness.com/MBSR/manual.html for personal use only, and with the following restrictions: You may not distribute, duplicate, and/or use the copyrighted material for advertising and/or commercial use. You may not edit, modify, or create derivative works of the copyrighted material without citation to the originators of the material.

Please note that this form only grants permission to print. Copyright ownership remains with the authors.

Dave Potter, founder

palousemindfulness.com