



Palouse Mindfulness • 1009 Tolo Trail • Moscow, ID 83843

August 24, 2025

To whom it may concern:

To preserve the integrity of the Palouse Mindfulness course, no one, not even a fully certified mindfulness instructor, is authorized to teach the course or any part of it. Because it is a self-paced online program, anyone you wish to share it with should enroll individually through the palousemindfulness.com website to ensure they experience the program as designed (see palousemindfulness.com/gettingstarted). That said, here are ways you can share the course responsibly:

For academic research or as part of an academic course

If you'd like to use Palouse Mindfulness in a research project or are planning to assign the Palouse Mindfulness course to your students, have everyone take the course **individually** through the palousemindfulness.com website. This ensures the integrity of the course and that everyone engages with the same material and instructions. If you plan to use the course, **please let us know** at team@palousemindfulness.com so we can coordinate and support you. The course takes 8 weeks to complete, and completion certificates may take up to 2 weeks to process, so give everyone at least 10 weeks to finish.

Use links rather than copying or uploading

If there are specific articles, videos, or handouts you'd like to share, please link directly to the palousemindfulness.com website rather than copying or uploading material for your own site, channel, or publication. This respects copyrights, preserves the integrity of the course, and ensures that others access the latest materials. The one exception to copying materials is that anyone may, of course, copy materials for their own personal use, such as to make reading or study easier.

Taking the course with friends or colleagues

Going through the course with friends, family, or colleagues can be a wonderful source of motivation. Each person should complete the course individually on the website, while informally sharing experiences in whatever way feels supportive—by email, text, Zoom, social media, or in person.

Regardless of how the course is used, participants are encouraged to join the [Palouse Mindfulness Community](#) which connects students and graduates worldwide. It's a very supportive way to share experiences, ask questions, and learn from others.

If you have any questions, contact us at team@palousemindfulness.com.

Sincerely yours,

Dave Potter (founder of Palouse Mindfulness)