



value – nurture – flourish

**Booking Form - 8 week Mindfulness Course
Dove Clinic – Winchester
28th September – 23rd November 2010**

I am delighted that you are planning to do this course.

Before, or after applying, I encourage you to email me to set up a time for us to speak by phone. This is an opportunity to ask any questions that you may have to ensure that the course is what you need at this time.

The information you are asked to provide on this form will remain confidential. At the end of the course all forms will be destroyed. Please complete both pages of the booking form.

Thank you.

Name:

Address:

Telephone No:

Mobile:

Email Address:

How did you hear about this course?

Course fee and booking arrangements. The cost of the course is £240. Payment is due in full at the first session please.

You are invited to an introductory session at the Dove Clinic on Tuesday 7th September to meet myself and other course participants where you will find out more about the nature of the course

Signature:

Date:

Cancellation: If you are unable to attend after you have booked your place please let me know as soon as you can. This will enable me to offer your place to anyone on the waiting list. Cancellations made within 2 weeks of the course starting will receive a 50% refund, however if a replacement is found you will receive a full refund.

Mindfulness Course
Group Member Information

So that I can help you get the most out of the sessions I would like you to consider the following questions where appropriate. The information that you give me is strictly confidential and will only be seen by myself and possibly my supervisor. The information will be kept securely during the course and destroyed after the 8 week course. I may contact you before the orientation session.

Name:

Date of birth:

1. What has drawn you to the course?
2. Do you have any physical illness, difficulty or problems which may compromise your ability to sit, stand, walk or do gentle stretching exercise. If yes please give details here.
3. Do you have any prior experience of mindfulness? If so please give a brief outline:
4. During the last few years have you had any psychological problems such as anxiety, panic attacks or depression? If so please give a brief outline:
5. Any other information that you would think would be helpful for me to know:

I look forward to meeting you.

For further information please contact Penny on 01202 842253

Email: steps.ahead@homeuser.net