

Booking Form

Please complete and return to

shadwoolgrove@btinternet.com or 62 Everton Road, S11 8RY

Name:
Address:
Email:
Tel: (mobile) _____ (home): _____
Emergency contact person, name and tel:
What draws you to this course at this time?
What previous Mindfulness experience do you have?
Are you currently seeing a counsellor/therapist? Yes/No
If yes, have you informed them of your intention to attend this course? Yes/No/Will do
Please provide details of any medication you are currently taking.
Please provide details of any current or recent significant events, e.g. job loss, ill health, bereavement, etc
Signed: _____ Date: _____

Please enclose/attach or transfer £100 deposit or the full amount of £600, the deposit is non-refundable, the balance to be paid by 2 May.

Transfer monies to NatWest Bank, a/c name Ms S R Woolgrove, sort code 54-41-44, a/c # 25039776 Reference: MSC Residential

There will be a pre-course briefing about two months before the course.