**Medway Mindfulness**

**Mindful by Nature**

**Spring 2022**

**Application Form**

Title First Name Surname

Address

Phone No (day, evening, mob) E-mail

What do you hope to get out of the course?

Please provide details of any experience you have in formal mindfulness training and practice?

You will need a reasonable level of mobility for this course. Please detail any mobility or other requirements that would need to be taken into consideration in doing a course that is outside and sometimes possibly on steep and/or uneven ground. It will also require carrying a foldable camping chair. Please state if this will be difficult.

The cost of the course is £70. Please tick your choice of payment:

**□** I enclose a cheque for £ **□** I have made a transfer for £

Online details: Barclays Bank; account name: Medway Mindfulness, sort code: 20-45-45 Account no. 50093491 reference: ‘MM’ and your name.

**Health and Safety**.

The a risk assessment associated with this course is part of your onest .

**DATA PROTECTION**

Before and during the course I may need to contact. If you consent how would you like me to contact you?

PHONE

EMAIL

BOTH OF THE ABOVE

Do you also consent to me contacting you after the course with other details of courses/events that Medway Mindfulness is offering?

Please tick for Yes

Are you willing to undertake this course in full knowledge of the risks involved as per the risk assessment.

Please tick for Yes

Signature Date

**Please Note**. *When I have received your application form I will arrange to have a phone conversation with you to talk it through further and to agree whether or not this course is right for you at this time. I cannot confirm your place on the course until this has happened.*