

## Day of Mindfulness booking form.

Name: \_\_\_\_\_

Date of course: \_\_\_\_\_ Location of course: \_\_\_\_\_

Fee: \_\_\_\_\_

Please give details of your past meditation experience

If you have completed an 8 week Mindfulness course in the past please indicate approximately when this was and who with if you can remember.

Do you have any injuries of conditions which might be aggravated by exercise?

Do you have any special requirements?

Please bring a small vegetarian dish to share for lunch (sweet or savoury).

Please send cheque payable to IYM Ltd to  
Uplands, Down End, Hook Norton OX15 5LW

If you wish to pay by bank transfer let me know and I will send you details.