



REGISTRATION & PRE-COURSE QUESTIONNAIRE

Please fill in the Registration Form and Pre-Course Questionnaire below and return to Siobhan Fanning, Wellspring Church Centre, 1 Wellspring Way, Watford WD17 2AH or email a scanned copy to PresentMindInsights@outlook.com

REGISTRATION

STARTING DATE OF COURSE:

NAME.....

ADDRESS.....

.....

Landline.....

Mobile.....

*EMAIL ADDRESS.....

Email will be used to send you joining details and may be used with your permission to keep you up to date about follow on sessions and other mindfulness events. Your phone number will only be used in the unlikely event that the course has to be cancelled at the last minute. Your details will be kept confidential and not passed to a third party.

CONTACT DETAILS OF NEXT OF KIN in case of emergency whilst you are attending a class

THEIR NAME

THEIR RELATIONSHIP TO YOU.....

Their landline.....

Their mobile.....

PAYMENT DETAILS:

Cost of the course is £200 /£150 /£100 (Fully Waged/Low Waged /Unwaged). Please circle the rate at which you wish to pay. EARLY BIRD RATE £155: full payment 3 weeks before commencement of course. Returning participant £145.

£30 deposit to secure a place. Full payment to be made 1 week before the course starts. (Please contact me if you wish to pay in instalments).

Payment accepted by bank transfer by putting your name in the reference section: Barclays Bank, AC No: 70991791, Sort Code: 20-53-00, or by cheque made payable to Siobhan Fanning.

Cancellation Terms: Before commencement of course full refund minus deposit of £30.00. After course has started fee paid cannot be refunded.

Please complete the Pre-Course Questionnaire on next page.

PRE-COURSE QUESTIONNAIRE

In order to make sure that everyone gets the most out of the course and that I can take as full account of everyone's needs, as much as is possible, it would be helpful if you could answer the questions below. The information will be held in the strictest confidence and not used for any other purpose however if you would prefer to talk to me in person or if you have any questions about the course please do not hesitate to contact me.

How did you hear about the Course?

Why do you want to do this course and what are you hoping to get out of it?

Anything else you think I should know?

The course is run in a small group. Each week there will be 2 or 3 led mindfulness meditations, some teaching input from me and some discussion in the small group. The groups are friendly and supportive. Some weeks we lie on the floor to meditate (mats, cushions and blankets are provided) and sometimes we do gentle mindful movements (standing or seated). If you have any concerns about any physical or mental challenges that make any aspect of this course difficult for you please outline them below. I will make every effort to accommodate you but it is helpful to know in advance.