

# Mindfulness-Based Stress Reduction, Application Form.

## 1. Which course are you applying for?

Course Start Date	Venue

## 2. Your Details.

Name:	
Address:	
Phone:	Landline: Mobile:
E-mail address:	
Reasons for doing this course.	
Do you need any special facilities for sitting or doing easy exercises?	
Any other information that you think is relevant to your taking part in this course.	

## 3. The MBSR course involves home practice using guided meditation recordings. (Please mark your preferred format)

Options for receiving the guided meditations.	
A USB stick containing the sound recordings in mp3 format.	

A USB stick containing the sound recordings in i-tunes format.	
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In order to feel the full benefit of this course it is important to set aside a daily time and place for the meditation practice; about 30 mins a day in a quiet place.

#### **4. The course also includes a half-day of practice.**

The half-day is from 10am until 2.00pm at Little Havens Children's Hospice conference centre. Coffee, tea, soft drinks and biscuits will be provided and you will need to bring your own lunch.

#### **5. Course materials.**

The course booklet and meditation USBs will be given out at the first session of your course. If you have a yoga mat then please bring it with you to the first session.

#### **6. Payment.**

The course costs £150 (concessions £125) including all the above items. A deposit of £50 is required when booking and this will be returnable in the case of cancellation, provided that this is at least 7 days before the course is due to start. The balance is due on or before the first day of the course.

Payment can be by cheque payable to Pat Elliott, or by bank transfer to Pat Elliott, sort code 40-42-27, account number 12218070

#### **7. Please return your completed application form to:**

Pat Elliott,  
542 Daws Heath Road,  
Hadleigh, Benfleet,  
Essex SS7 2NL

Or by e-mail to Pat at [p.elliott7@sky.com](mailto:p.elliott7@sky.com)

**Many thanks, I look forward to welcoming you onto the MBSR course.**