

Application Form for the 8-week Mindfulness-Based Stress Reduction Course at Leigh Community Centre, 6.30pm to 8.30pm, taught by Pat Elliott.

The next course commences on Tuesday 24th September 2019 and is then every Tuesday until the 12th December. There is also a half-day of mindfulness practice, from 10.00am to 2.00pm on Saturday 2nd November at the Mid-Essex Buddhist Centre in South Woodham Ferrers.

1. Your Details.

Name	
Home Address	
Phone numbers	Landline: Mobile:
E-mail address	
Why do you want to do this course? (Eg personal use, professional development, to help with a particular problem or issue etc.)	
Do you need any special facilities for sitting or doing easy yoga stretches?	
Any other information that you think is relevant to your taking part in this course. Eg Taking medication for depression.	

2. The MBSR course involves home practice using guided meditation recordings.

These are given out at the first session on USBs in MP3 format.

4. Planning when to do the mindfulness exercises.

In order to feel the full benefit of this course it is important to set aside a daily time and place for the meditation practices. About 20 to 30 minutes a day in a quiet place is sufficient.

5. Course materials.

The course booklet and audio recordings will be given out at the first session of your course. If you have a yoga mat please bring it with you to the first session. Mats can be provided for those who haven't got their own. Please indicate below if you need to borrow a mat for the duration of the course (there is no charge for this). When the weather gets colder some people like to bring a rug to put over them during sitting practices.

6. Payment.

The course costs £170 (concessions £125, and £85 for those who are medically unfit to work) including the above items and the use of yoga mats and cushions. A deposit of £50 is required when booking and this will be returnable in the case of cancellation, provided that this is at least 10 days before the course is due to start. The balance is due on or before the first day of the course. If you have problems with payment let me know and I will see what can be arranged to stage the payment over 4 weeks.

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

7. Please return your completed application form online to p.elliott7@sky.com or by post to:

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

Or by email to p.elliott7@sky.com.

If you have questions ring me on 01702 558859

8. Further details of the course and an on-line application form can be found on my website: www.southend-mindfulness.co.uk