



Booking/Registration Form

Mindfulness Practice Day

(see www.mindfulnessonthetyne.co.uk for dates & times)

Newton and Bywell Community Hall, Newton, Stocksfield NE43 7UL (off A69 near Corbridge)

Title	First Name	Surname
Phone No	Email:	
Signature	Date	

I would like to book a place on the practice day on:

This practice day is for anyone who has completed a course of Mindfulness-based training (MBSR/MBCT/ACT etc). Please state the approximate date when you completed the course, the type of course and the name of your teacher(s):

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As the course includes some gentle movement practices, please state if you have any physical condition which we may need to take into consideration:

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If you would like to book a place on the all day practice session, please complete the above form and return, with a cheque for **£30** made payable to Elaine Young to:

56 Beach Avenue, Whitley Bay, NE26 1DZ

If you prefer to pay by BACS, the bank account details are:

Sort Code: 08-92-86 Account number: 12262784

(Please remember to include your own name as a reference)

This will be fully refundable in the case of cancellation up to 7 days prior to the course, non-refundable after that. In the case of course cancellation, all fees will be refunded in full.

There will be hot drinks and kitchen facilities. Please bring your own packed lunch.