



Eight-week MBSR Application Form

| | | |
|---|------------|---------|
| Title | First Name | Surname |
| Address | | |
| Phone No | E-mail | |
| Please detail any particular mobility or other requirements that you would like me to know about. | | |
| Please state any special dietary requirements | | |
| Where did you find out about this course? | | |
| What is your professional role / work? | | |
| Signature | Date | |

Payment: - Please tick appropriate option:

Deposit of £50 enclosed - full fee must be paid by 1st night of course.
Deposit can also be made on www.eventbrite.co.uk

Full course fee £350 or £330 early bird

Bank transfer to Smile Bank Account no. 12474352 Sort code: 08-92-88
PayPal (PayPal incurs 1% charge)

Payment can also be made by cheque payable to Bridgeen Rea and posted to **5 The Cedars, Newtownabbey BT37 OSR**

Email: bridjeen@hotmail.com

Tel.: 07981 623 566

Eight-week MBSR course

Please answer the following questions where appropriate. The information you give me is strictly confidential and will NOT be shared with anyone. I may contact you before the course begins to discuss.

Your name:

Date of birth:

1. Do you have any physical illness or other limitation that may make sitting, standing, walking or doing simple exercises difficult for you?

If yes please tell me about it here:

2. Have you had any mental health issues within the last few years, such as anxiety or depression? If yes please tell me about it here:

3. If you are taking any medication at present, please say what it is and what it is for:

4. Have you had any disturbing life event in the last year, which may make the course difficult for you?

5. Please indicate briefly, what has drawn you to the course? (continue overleaf if necessary)