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| **Booking Form**  **Meditation & Yoga Nidra Workshop**  **One life Studio, 19-20 Barn Street, Stoke Newington, London N16 0JT**  **Sunday 2nd June 2019 1.30pm-3.30pm**  **Giving Thanks! An attitude of gratitude**  **Cost: £25.00** | |
| **NAME:** | **ADDRESS:** |
| **MOBILE:** | **EMAIL ADDRESS:**  **OCCUPATION:** |
| **WHAT IS YOUR INTEREST IN BOOKING ON THE WORKSHOP? ARE THERE ANY PARTICULAR ASPECTS OF MEDITATION YOU WISH TO KNOW ABOUT?** | |
| **DO YOU HAVE ANY PREVIOUS EXPERIENCE OF MEDITATION OR YOGA NIDRA?** | |
| **WHAT WOULD YOU LIKE TO GAIN FROM THE WORKSHOP?** | |
| **DO YOU SUFFER FROM ANY MEDICAL CONDITIONS OR ANY AILMENTS/ACHES OR PAINS?** | |
| Thank you for your application to come on the Meditation Workshop!  To book your place on the workshop, please fill out the form and pay an £10.00 deposit or the full cost to secure your place. Request balance of payment to be received 1 week before the date of the workshop. **Please return your form to florentinalamclark@hotmail.com**  These are the bank details: Lloyds Bank, Act No: 12128968 Sort code 30-94-21. Please let me know when making a payment.  My mobile if you need to contact me is 07540 337 141.  **Cancellations Policy**  Please give me at least one week’s notice of cancellation. The deposit is non-refundable if the cancellation is made in less than one week’s notice.  Meditation is not contraindicated for any health conditions. All information received is strictly private and confidential. | |
| I am paying a £10.00 deposit/the full amount of £25.00 to secure my place on the ........................................................................workshop dated....................... I have read and understood the cancellations policy. (Please delete as appropriate).  Signed………………………………………………………………………………….Date……………………………………………… | |