

# Daily Mindfulness Postal Booking Form

YOUR NAME:

ADDRESS:

POSTCODE / ZIP:

TELEPHONE:

EMAIL:

OCCUPATION:

MOTIVATION FOR APPLYING:

HEALTH ISSUES:

Confirmation of a place on an **8 week course** will be subject to suitability - Please [Contact Barbara](#) for consultation.

You can either fill this form out here using your browser and print it out or, print it out then fill it out by hand and post it to:

5 The High Street  
Oving  
Nr, Chichester  
West Sussex PO20 2DD

**Please send this form together with your deposit of £50.00 (8 week courses only)**

**Please make Cheques payable to:**

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**STILLNESS WITH BARBARA BOXHALL**  
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**Name of Course/Workshop**

**DATE OF COURSE/WORKSHOP**

**No. of  
places  
required**

**Please READ AND TICK options below:**

I ENCLOSE A DEPOSIT OF £50.00 (8 WEEK COURSES ONLY)

I agree to the following Cancellation Policy: The following proportion of your fee will be refundable if you cancel your place on the course: Up to 2 months before the start date: 75% Up to 2 weeks before the start date: 50% Less than one week before the start date no refund will be made if you cancel.

**TOTAL AMOUNT ENCLOSED**

£

A receipt will be sent to you confirming your payment once we have received your postal booking.

DATE:

SIGNED: Please Enter Your Name: