



# Mindfulness

with Angelika

classes workshops weekends

Greystones • Newtownmountkennedy • Newcastle • Wicklow

T: 087 2176068 E: info@mindfulnesswithangelika.com W: www.mindfulnesswithangelika.com

## Mindfulness-Based Stress Reduction– 8-Week Course October - November 2019

### APPLICATION FORM

Name:
Address:
Telephone:
Email:
Do you have any previous experience of meditation?(Previous experience in meditation is not necessary to attend this course.)
What are your expectations of this Course?
Please list any serious medical or psychiatric conditions that I should be aware of:
Home practice is an important part of the course – at least 45 minutes a day, six days a week. Are you happy to commit to this?
Facing one's own experience can be challenging at times. If you are concerned about this, please discuss with me before the course. If needed would you be willing to seek the support of the teacher, friends, family or a professional?

Anything else you feel I should be aware of:

Please return the Form, with a booking deposit of €100 to:

Angelika Renger, Gate Lodge, Kiltimon, Ashford, Co. Wicklow

On receipt of the completed application form and a deposit of €100 I will arrange a time with you to talk to you either in person or on the phone. The purpose of this personal interview is to give you more information about this intensive course and to make sure that this is the right course at the right time for you.

If on reflection after the orientation you decide not to continue **the deposit will be returned in full.**

Your place on the course is secure on receipt of your application form and deposit.

The full Fee for this Course is €295. The remaining fee can be paid latest 2 weeks prior to commencing the Course by the 23<sup>rd</sup> September Cheques or postal orders can be made out to Angelika Renger

**Bank Details:**

a/c Name: Angelika Renger

IBAN: IE26AIBK93340606468385

BIC: AIBKIE2D

If you cannot make an on-line payment please send a cheque or Postal Order for €100 made payable to Angelika Renger

**Postal Address**

Angelika Renger

Gate Lodge

Kiltimon

Ashford

Co. Wicklow