



Be Still, Listen

Introduction to Mindfulness Meditation Class Registration Form

Today's Date: _____ **Class Title:** *Introduction to Mindfulness Meditation*

The course runs over a period of seven weeks and consist of:

4 live classes on: January Monday 29th, February Monday 12th, SUNDAY 25th, March Monday 18th .

7 live meditation sits: Tuesdays from 5.30 to 6.00 pm PT

Name: (First & last) _____

E-Mail Address: _____ **Telephone** _____

Daily Meditation Practice (*Please Describe – Strictly Confidential*)

Fees: I am committed to making my training accessible to everyone, regardless of one's income level or financial situation. Please choose the amount you can offer for the four classes, that is sustainable for you:

\$120 Full tuition – \$90 - \$30

Payable by E-Transfer or PayPal (through my website)

I understand that this class series may include periods of silent meditation or reflection, and I will be expected to keep "noble silence" during these advised times. I understand that as a participant of this class, I may be directed to participate in small group exercises and/or discussions. I also realize that continued meditation practice can be emotionally and physically challenging and that to the best of my knowledge, I am able and in sound enough mind and body to complete the 1h 30 class requirements.

Participant's Signature

Turn in completed Registration Form and payment in the following ways:

- Scan and email completed form to maryannyogada@gmail.com or
- Mail completed Registration form to: Mary-Ann Enthoven

746 Kispiox Place,
North Saanich, BC V8L 5K5

Yes, please add me to *Be Still, Listen's* mailing list to keep me informed of future events.

Office Use Only

Date Received _____, Amount Paid _____, Payment Method _____