

Mindfulness for Well-Being

8 week course facilitated by Dave Austin

Dates of the course:

20th and 27th January, 3rd and 10th February 2018
24th February, 3rd, 10th and 17th March 2018

Cost of the course:

£200.00

Ways to pay:

- By cheque made payable to David Austin
- By BACS to: Account name, David Austin; Account number, 10117935; Bank sort code, 20 57 40

What's included:

- The eight week course
- All handouts
- A copy of "Mindfulness, a practical guide to finding peace in a frantic world", Mark Williams and Danny Penman

Cancellation:

- Cancellation 29 calendar days or more will result in a full refund, minus a £15.00 administration fee.
- Cancellation between 15 and 28 calendar days will result in a 50% % refund minus a £15.00 administration fee.
- Cancellation less than 14 days prior to the start of the course will result in the loss of the full amount paid, unless it is possible to transfer you to another course.
- Failure to attend will be treated as a late cancellation and no refund will be given.

Your name:	Contact telephone number:
	Mobile:
	Landline:
Your address:	Email address: