

# Mindfulness for Well-Being

An 8 week programme facilitated by Dave Austin

## Dates of the course, Fridays 10.30 – 12.30

- 4<sup>th</sup> – 25<sup>th</sup> May 2018
- 8<sup>th</sup> – 29<sup>th</sup> June 2018

## Venue:

Home-Start Hertfordshire, 5 Bedwell Park, Stevenage, Herts, SG11NB

## Cost of the course:

£195.00

## Ways to pay:

- By cheque made payable to David Austin. Please post to: 67 The Boundary, Oldbrook, Milton Keynes, MK6 2QS.
- By BACS to: Account name, David Austin; Account number, 10117935; Bank sort code, 20 57 40. Please add your name as a payment reference.

## 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.
- If you fail to complete the programme no refund will be given.

Your name:	Contact telephone number:
Your address:	Mobile:
	Landline:
Email address:	
Your signature confirms that you have agreed the cancellation terms above	Signature:

<http://www.amindfulness.co.uk>

Contact: [dave@amindfulness.co.uk](mailto:dave@amindfulness.co.uk) Tel 07929 742295