Mind Body Energy Matters

*Introduction to Mindfulness*

Booking Form

Please complete and return to [Helen@mindbodyenergymatters.ie](mailto:Helen@mindbodyenergymatters.ie)

A receipt confirming your place on the course will be sent when you return this form along with payment

* By Cheque to: Helen McCrarren, Mind Body Energy Matters, Killycarnan, Scotstown, Co Monaghan
* By BACS: (Bank Details: AIB – Monaghan Account No: 29919-006 Sort Code 93-24-77 IBAN: IE41 AIBK 9324 7729 9190 06 BIC: AIBKIE2D)

Course Name and Venue:

Name:

Email:

Contact No:

Address:

Date:

Please answer the following Questions

Do you have any physical difficulties that make sitting, standing, walking or doing any simple exercises difficult for you? If yes, please tell us about them

Have you had any health problems in recent years e.g anxiety or depression? If yes, please tell me about it here

Are you currently taking any medication? If so, please say what it is and what it is for:

Anything else you would like me to know?