

The Path to Mindful Living

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REGISTRATION FOR STRESS REDUCTION PROGRAM

Date of Program: _____

Name: _____ Date: _____

Address: _____

Phone#: _____

Occupation _____ Work Phone#: _____

Cell: _____ E mail: _____

Date of Birth: _____

Payment Information:

In order to make the program affordable tuition is based on an honor system in trust that you will pay as much as you are able to pay considering your income.

<u>HOUSEHOLD INCOME</u>	<u>TUITION</u>
___ \$50,000 OR GREATER	\$600
___ \$40,000- 49,000	\$525
___ \$39,000 or under	\$450

\$100 deposit due with registration

Additional payments may be made in installments at 1st, 3rd and 5th class.

I verify that my income is in the bracket indicated above.

Signature

All classes will meet from 6:30 – 8:30 PM except the first and last maybe longer.

All Day Session:

A six hour retreat on the weekend following Class # 6, time to be announced

"The good news is, the more we practice, the more we can accept ourselves." ~ Diana Watson

STRESS REDUCTION CLASS REGISTRATION

How did you hear about the class?

Kindly state briefly your reason for attending the program:

Do you have any meditation experience?

What are the main stressors in your life and how does stress express itself in you?

(i.e. backaches, pain, anxiety)

Do you have any special needs, illness or injury that you feel might limit your participation in any way? If so, have you consulted your Physician?

Do you take any medications regularly? If so, kindly list them here.

Any other concerns? Use the back of this page if necessary.