

Mindfulness-based Stress Reduction

By Tim Cools

8 Week Live Online Course Application Form

1. Data Protection Policy

By completing this form I confirm agreement with Mindful Academy International collecting, storing and using the personal data as intended and explained in this application form. For full details have a look at our [Privacy Policy](#).

2. Course information

Online video private 1-1 live distance Learning course in English.

For 1-1 private 8 Week Mindfulness-based Stress Reduction Courses please indicate if you would prefer Skype/Zoom

For the 1-1 option, please indicate if you have a preference which day of the week and which time

The price of the course is a sliding scale, this means you pay what you feel is right for you. Suggested:

- Individuals: 599 € (average income) to 799 € (high income) VAT inclusive
- Companies and freelancers: 799 € (average income) to 999 € (high income) excluding VAT

Contact me if price is an issue.

My price

Optional:

- Company name

- VAT Number

3. Application information

We require payment by PayPal or Bank Transfer at the point of acceptance for the 8 Week Mindfulness-based Stress Reduction Live Online Course.

Please visit our [terms and conditions](#) page before progressing with your application.

If you are in agreement with the terms and conditions, please complete the registration form below as fully and accurately as possible. All information is used for assessment of training suitability only and is not passed on, shared or disclosed to any third party. We will then contact you to arrange a Zoom call to discuss if the course is suitable for you at this point in your life, and to ensure that you are clear to what the course offers and demands.

By providing the below information and submitting the registration you agree for the Mindful Academy International to store your information on their secure system and share it with the necessary team members to both administer and deliver the required training.

4. Cancellation Policy

You may withdraw your application eight weeks prior to the event commencement date at which point you will be offered a refund, minus a 25% admin fee. If you cancel your place on a course within eight weeks of the event commencement date, no refund will be offered and dates once set cannot be changed.

In the unlikely event that, due to unforeseen circumstances, the course has to be cancelled by us, we will refund any fees paid to us by participants. Our liability is limited to refunding only our event fees. We recommend participants have adequate insurance to cover any cancelled travel or personal expenses.

I confirm by ticking this box I have read the course description and relevant information, and understood and agree to the payment and cancellation arrangements.

5. About you

Title

First name

Surname

Address

Telephone

Email

Date of Birth

Where did you find out about this course?

Mindfulness practice presents its own set of challenges, so it is important for you to discuss any concerns you may have with your MBSR Mindfulness Teacher, Doctor and/or Therapist before signing up for the course.

Mindfulness may be everywhere you look, but it is not suitable for everyone which is why we ask detailed questions on the application form. Please also review the suggested exclusion criteria for general mindfulness groups on our [website](#). This list is subject to the experience of the Mindfulness MBSR Teacher and any supporting staff and we can discuss any concerns you may have during the no obligation pre-course call.

6. Your physical health

Name of your Doctor

Address of your Doctor

Phone number of your Doctor

Do you have any current medical conditions? If so please give details

Do you have any physical illness or other limitation that may make hearing, sitting, standing, walking or doing simple exercises difficult for you?

Very Important - If you have significant physical health problems, please tell your Doctor that you are considering taking this course.

7. Your mental health

Have you had any mental health issues or concerns within the last few years, such as anxiety or depression?

Have you ever received psychiatric or psychological treatment before?

Have you ever made a suicide attempt?

Very important - If you are currently receiving counseling, psychotherapy or any mental health treatment please tell your therapist that you are considering taking the course.

8. Alcohol and other substance abuse

Are you physically dependent on alcohol or drug (including over-use of prescribed medication), or did you quit recently?

9. Experiences of upsetting events

Sometimes things happen to people that are extremely upsetting - things like being in a life threatening situation like a major disaster, very serious accident or fire; being physically assaulted or raped; seeing another person killed, dead, or badly hurt, or hearing about something horrible that has happened to someone you are close to. At any time during your life, have any of these kinds of things happened to you?

10. Other

Please give details of any previous mindfulness or meditation courses, training or retreats you have attended or plan to attend

Please indicate briefly what you hope to get from this course

Any other information you would like to pass onto the admin team or teachers in connection with this application

We never share your information however we occasionally send news updates and information to delegates about our forthcoming courses and events.

I agree to receive an occasional e-mail with updates on our courses.

11. Please note

It is important for you to be able to find a quiet place, free of distractions for your call, advising friends and family that you are not to be disturbed. This means that you will be able to focus on the direct experience of Mindfulness, and make the most of our time together.

To take part in the group Zoom course and to ensure the best possible experience for all participants the course relies on video conferencing which has minimum requirements to work properly. That includes having a computer with speakers, microphone, video capabilities, and a high speed internet connection. (not Wi-Fi) We recommend that you watch the video tutorial, [Joining a meeting with Zoom](#).

Submit Application Form

Or

Download or print as PDF and send the completed application form to info@timcools.net
