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Tai Chi  
 Yoga  
 Qi Gong  
 Acupuncture

## Meditation Workshops for Spring 2019

Name.....  
 Address.....  
 .....

Phone..... Mobile.....  
 Email.....

DOB..... M/F.....

Any medical or injury history that may affect your health now;  
 eg. high blood pressure, joint injury etc.

.....  
 .....

I would like to receive regular e-newsletters. (please tick) Yes    No  
You can unsubscribe at any time    

Please complete the form with the workshop/s you would like to attend

Date	Course	Time	Cost	Booking Deposit	Tick
16 <sup>th</sup> February	Meditation	10am to 1pm	£35	£20	
16 <sup>th</sup> March	Meditation	10am to 1pm	£35	£20	
27 <sup>th</sup> April	Meditation	10am to 1pm	£35	£20	
Attending all three workshops	Meditation	10am to 1pm	£90	£50	

Please forward your booking form and deposit to: **7, Heathlands Drive, Maidenhead, Berks, SL6 4NF**. Cheques made payable to Sara Mayne. Please email if you wish to make a bank transfer.

**I have enclosed a deposit of .....**

Sign ..... Date .....

Thank you

All deposits are non refundable from 2 weeks prior to the course date. If for any the reason a course does not run then the deposit will be refunded in full