**Application Form**

**The Foundations of Mindfulness: A Five-Day Retreat on Holy Isle, Isle of Arran**

**11th-16th September 2019**

Unfortunately, this retreat will have limited capacity. We will offer places based on this application.

The course costs £150. Please note that this does not include accommodation, which must be arranged separately with Holy Isle once your application has been accepted.

Please complete the following information and send it back to us at **[info@mindfulnessscotland.org.uk](mailto:info@mindfulnessscotland.org.uk). The application deadline is 22nd April 2019**.

**Name:**

**Address:**

**Contact details:**

Mobile:

Landline:

E-mail:

**Please tell us a bit about your mindfulness journey** e.g. When you attended your first 8-week course and a brief description about how you work with Mindfulness in your personal or work environment now:

**Continue overleaf**

**Please let us know why you would like to attend this retreat:**

**Do you have any health issues that we should be aware of**? e.g. any physical or emotional issues which may be challenging for you in a retreat environment. Dietary requirements can be discussed when you book your accommodation.

**What happens next?**

We will contact you by **3rd May** to confirm your place.

Accommodation is booked directly through Holy Isle. If you secure a place on the retreat, contact them on 01770 601100 or through their website: [www.holyisle.org](http://www.holyisle.org).

**Please DO NOT arrange your accommodation until your place on the retreat has been confirmed.**

**How to pay**

Once your place has been confirmed please secure your booking through payment by transfer to:

**Account name: Mindfulness Scotland**

**Account Number: 06002171**

**Sort Code: 80-07-15**

It will greatly help our administrator if you reference your bank transfer as follows

H.I.2019 and then your initials (e.g.: H.I.2019 SW)

**With Best Wishes, from Mindfulness Scotland**

Data protection: Please refer to our data protection policy, which can be downloaded from [www.mindfulnessscotland.org.uk](http://www.mindfulnessscotland.org.uk).