



Mindfulness Meditation Workshops

Registration Form

Instructions

- 1) Complete and sign registration form.
- 2) Make check payable to the Mindfulness Meditation Institute.
- 3) Mail form and payment to: 1001 Taos Trail, Raleigh, NC 27603.

Name: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Email Address: _____

Do you require a vegetarian meal? _____

How did you hear about us? _____

Additional Participants: Each participant must register separately.

Payment Form

Check applicable:

- Mindfulness Meditation for Beginners workshop (Saturday, January 26, 2019).....\$45.00
- "Mindfulness Meditation Made Simple" paperback (suggested).....\$16.00
- "Quick Start to Mindfulness Meditation" CD (suggested).....\$12.00
- "Inner Silence" CD (suggested).....\$12.00

Total: \$ _____

NOTE: Books and CDs will be delivered to you at the workshop. Or if you prefer, you can pick them up at our Tuesday meditation meeting.

Signature: _____ Date: _____

Cancellation Policy: You may cancel at any time, but refunds cannot be made within 14 days of the event. However, you will have a full credit for the next scheduled workshop.