



Mindfulness One-Day Silent Retreat Booking Form

To be held at:-
Field of Dreams
55, Upper Gransha Road
Bangor
BT19 7QE

Date of retreat attending?

Please complete the Booking Form and return to the address below, together with a cheque for £35.00 made payable to The Mindfulness Centre NI

Name:

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Address:

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Post code:

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E-mail:

.....

Telephone/landline.....

Telephone/mobile.....

Date of Birth:

.....

Signature.....Date.....

Further information will be sent outlining the format of the silent retreat upon booking.

Contact Details

Caroline Stewart
22 Wandsworth Glen,
Bangor, BT19 1YY
Mob: 07989236966