



# 'Flourishing Mindfully for Life'

start your day mindfully at Racquets, Thame

3 week intro course running in Mindful March  
(and 5 week course after Easter)

9.10 – 9.55am  
**TUESDAY**

10 March 2020  
17 March 2020  
24 March 2020



Why not come along after your hectic, rushed morning and take some time out just for you? The benefits of mindfulness meditation are well researched and the advantages of regular mindfulness practice coupled with the basics of positive psychology, will not disappoint.

Unsure?...Why not give it a try?...This three week course allows you to try out the benefits of being more 'in the moment' and enables you to step out of autopilot to wake up and smell the **spring flowers!**



### WHAT THEY SAY

"This course was perfect for me and helped me to really wake up from autopilot. Thank you."

Participant

### WHAT THEY SAY

"Jayne was inspirational! The meditations were so relaxing too."

Participant

## Early booking discount if booked in advance of 9 March 2020

To book your place on one or more of these courses, please download and complete this editable form from the website ([www.flourishingschools.co.uk/flourishing-lives](http://www.flourishingschools.co.uk/flourishing-lives)) and return it ASAP by email to: [info@flourishingschools.co.uk](mailto:info@flourishingschools.co.uk)

### Course booking form:

Sessions \_\_\_\_\_

Your name \_\_\_\_\_

Your address \_\_\_\_\_

Mobile/home phone number \_\_\_\_\_

Email address \_\_\_\_\_

Emergency contact details \_\_\_\_\_

Any further info (nut allergy/illness) \_\_\_\_\_

### Education & Mindfulness Practitioner:

Jayne Wright - Tel/Text: 07900 908704

### Venue: Racquets Fitness Centre

North Street, Thame, OX9 3TH

### Payment:

Cost £30 in advance, £35 on the door. 3 week course at 9.10 – 9.55am on Tuesdays 10 March, 17 March and 24 March. Courses are booked on a first come, first served basis.

Account name: Jayne Wright HSBC Sort Code: 40 06 16 Account number: 81106252

Ref: Surname+Racqs i.e. BloggsRacqs

Please tick the box to show that you agree with the booking terms and conditions below and on the website, and that you will endeavour to attend every session of the course. In ticking this form you also agree to bring a water bottle and that you will complete your weekly tasks.

### Signed:

\_\_\_\_\_

ticking the box above will be considered an electronic signature for forms emailed

### Dated:

\_\_\_\_\_

### Terms & Conditions

Please note that after the first week's taster session, that there are, unfortunately, no refunds for missed sessions. Please come along ready for learning, respectful of others and prepared to stick to safety rules. Please pack a water bottle to have for the session to maximise learning. Whilst every effort will be made to create a safe learning environment, accidents and injuries can sometimes occur. We reserve the right to ask you to leave the course (with a refund for outstanding sessions provided) or to cancel the course due to insufficient numbers, staff illness or unforeseen circumstances. A full refund of any outstanding sessions will be provided and you will be notified by email with as much notice as the situation allows.

Jayne Wright and Flourishing Schools shall not be responsible for the loss, or damage, of or to any property or to any person arising from the booking of or participation in the activities or on the journey to or from the session.

We politely ask that participants arrive promptly given the nature of the session as lateness becomes disruptive and that mobiles are silenced. You are encouraged to complete any tasks between sessions.

Flourishing Schools will keep your contact details on file for the duration of the course. This is for emergency contact, the weekly update and for information about the course. We also reserve the right to email you with details of further related courses for your child. Should your details change, please inform Flourishing Schools. If you would like to be removed from this contact list, please simply email a reply stating 'Please remove this email from the contact list.'

Please be assured that Flourishing Schools will never share your contact details with any outside marketing agency.

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