

2020 Winter Embodied Mindfulness Module 1

Begins Sunday, February 2, 2020

Name: _____

Email: _____

Address: _____

Phone #: _____

Date of birth: _____

Please answer the following questions on an additional sheet of paper:

Why do you want to take this module? Expectations, desires, motivations...

What experience have you had with Somatic Expression/Jamie McHugh?

Anything else you want to share regarding your participation?

How did you hear about the Embodied Mindfulness Training?

I understand that Module 1 with Jamie McHugh is educational in nature, and is not a substitute for medical or mental health care.

Signature _____ Date _____

Print Name _____

Return this application to Jamie McHugh, PO Box 250, Albion, CA 95410 with a check for:

\$325 Early bird rate by December 15, 2019; **\$375** after December 15 until January 15, 2020; **\$425** after

You can also email application to naturebeingart@gmail.com & pay with Paypal (add 4% Paypal fee)