**Application form for a space on the Heart of Wisdom and Kindness Silent Retreat.**

**A 6-night Silent Retreat for Experienced Meditators, Mindfulness Teacher Trainees and Established Teachers**

**with**

**Optional 1 day MED Talks and Workshops CPD Event**

**Saturday 9th February at 16.00hrs to Friday 15th February (departure after breakfast)**

**Venue: Hotel Tossa d’ Altea in Altea, Costa Blanca, Spain**

**With Kathy Ward and Julia Emes.**

**Terms & Conditions:**

I confirm by completing this application form that I have read the [course description](http://mindfulacademyint.com/the-heart-of-wisdom-and-kindness-retreat/) and relevant information sheets and understand and agree to the [payment and cancellation arrangements](http://mindfulacademyint.com/terms-and-conditions/) of the Mindful Academy International

**Data Protection Policy:**

By completing this form I confirm agreement with Mindful Academy International collecting, storing and using the personal data as intended and explained in this application form. For full details of our Privacy Policy please visit http://mindfulacademyint.com/privacy-policy/

**About You:**

Title:

First name:

Surname:

Address:

Phone number:

Email:

Date of birth:

**Emergency contact:**

Name:

Telephone number:

Relationship to the participant:

**Do you have any special requirements?** Yes No

**Where did you find out about this Silent Retreat?** Google/Face Book/Word of mouth/Internet search/Events List/other please state

**Your physical health:**

Please provide the name of your Doctor:

Please provide the address of your Doctor:

Please provide the phone number of your Doctor:

Do you have any current medical conditions? Yes No

Do you have any physical illness or other limitation that may make hearing, sitting, standing, walking or doing simple exercises difficult for you? Yes No

**Your mental health:**

Have you had any mental health issues or concerns within the last few years, such as anxiety or depression? Yes No

Have you ever received psychiatric or psychological treatment before?

Have you ever made a suicide attempt? Yes No

If you are currently receiving counseling, psychotherapy or any mental health treatment please tell your therapist that you are undertaking this course.

**Alcohol and other substance abuse:**

Has alcohol or drug use (including over-use of prescribed medication) ever caused problems for you? Yes No

**Experiences of unsettling events:**

Sometimes things happen to people that are extremely upsetting – things like being in a life threatening situation like a major disaster, very serious accident or fire; being physically assaulted or raped; seeing another person killed, dead, or badly hurt, or hearing about something horrible that has happened to someone you are close to. At any time during your life, have any of these kinds of things happened to you? Yes No

**Course fees:**

To secure your space we ask for a 200 euro deposit. The balance is due by the 9th January.

Please indicate the option you wish to book:

**Residential prices:**

* 6 nights Full board SHARED accommodation (2 to a room) with ensuite bathroom (subject to availability): €867
* 6 nights Full board SINGLE accommodation with ensuite bathroom: €972
* Extra nights are also available

**What’s included in the Residential price:**

* 6 nights full board accommodation at the 4 star Hotel Tossa d’ Altea in either a twin or single on-suite room as booked.
* Full board is buffet breakfast, 2 course lunch and 3 course evening meal with water. The hotel can cater for vegetarians, gluten free etc, please advise at the time of booking.
* 5 Days retreat schedule including optional private meetings with the teachers
* 1st evening retreat schedule and 7am mediation on Friday 15th
* Welcome dinner and special Valentines dinner on Thursday 14th February
* Daily ‘taking tea’ and water

**Non-residential price:**

Standard price: €587

Subsidized price: €412

**What’s included in the non-residential prices:**

* 5 Days retreat schedule including optional private meetings with the teachers
* 1st evening retreat schedule and 7am mediation on Friday 15th
* Breakfast and lunch each day (Sunday – Thursday)
* Welcome dinner on Saturday 9th and special Valentines dinner on Thursday 14th February
* Daily ‘taking tea’ and water

**MED Talks and Workshops CPD Event Friday 15th February from 7am – 7.30pm**

This non-residential CPD is free of charge for people attending the Silent Retreat. Optional single accommodation is available at the Hotel Tossa d’ Altea on Friday night.

Do you wish to book this event? Yes No

**Price options:**

**Non-residential subsidized price** - This is a self-select funded rate whereby your place will be financially supported. Please only select this rate if you are in receipt of benefits or would find it otherwise inaccessible to attend due to the fee. We will not ask for evidence of benefits or income at this stage but may ask for evidence to support your claim in the future.

**Standard Rate** - This is the market rate for this type of event and the rate we ask you to select if you are able.

**Teacher Training Pathway price –** If you book

**Mindfulness Practice:**

Please advise about your duration of personal practice – e.g. under 1 year, 1-2 yrs, 3-5 yrs, 6-10 yrs, over 10 years

Please detail of the style/tradition of practice – e.g. MBSR/MBCT approach, Buddhist tradition (say which), other (give details)

**Details of Mindfulness training:**

Participation in 8-week course(s) and date(s)

Participation in further ‘deepening’ courses (give details)

Teacher training (give details)

Are you currently teaching Mindfulness-based courses? If so please give details

**Retreat experience**

How many previous retreats have you attended, please also detail when, where and approx duration.

**Other:**

Please let us know if you have any special dietary requirements

Please let us know if you would like to book extra nights accommodation at the venue the Hotel Tossa d’ Altea.

Please give details of any previous mindfulness **courses, and/or training** you have attended.

Please indicate briefly what you hope to get from this event.

Any other information you would like to pass onto the admin team or teachers in connection with this application: