**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**

**Thursday 26th September at 4 pm to Tuesday 1st October at 7.30 pm**

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

**With Kathy Ward.**

**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? Yes No

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 30th August.

Please indicate the option you wish to book:

**Residential prices at the venue the Hotel Tossal d’ Altea:**

* 6 nights **SHARED** accommodation (2 to a room) with ensuite bathroom (subject to availability):
	+ Shared room and buffet breakfast €492
	+ Shared room with buffet breakfast and 3 course evening meal €582
* 6 nights **SINGLE** accommodation with ensuite bathroom:
	+ Single room and buffet breakfast €597
	+ Single room with buffet breakfast and 3 course evening meal €687
* Extra nights are also available, please ask.
* Full board options also available. The hotel also serves a variety of light lunches including sandwiches, soup, salad etc.

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

* 6 nights full board accommodation at the 4 star Hotel Tossal d’ Altea in either a twin or single on-suite room as booked.
* 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
* Welcome dinner and final dinner on Tuesday 1st October
* Morning and afternoon ‘taking tea’

**Non-residential price:**

Standard price: €315

Subsidized price: €265

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

* 5 Days retreat schedule including optional private meetings with the teachers
* 1st evening retreat schedule
* 5 x Buffet breakfasts
* Welcome dinner on Thursday 26th and final dinner on Tuesday 1st October
* Daily ‘taking tea’

**Price options:**

**Non-residential subsidized price** - This is a self-select funded rate whereby your place will be financially supported, only 2 spaces at this rate are offered so please ask at the time of booking if there is a space.

Please only select this subsidized 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.

**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 any Mindfulness training you have attended:**

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 duration.

**Other:**

Please let us know if you have any special dietary requirements, even if you are not staying at the venue.

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: