A Beautiful Community, A Beautiful Life

DAY OF MINDFULNESS, SEPTEMBER 24, 2016

REGISTRATION FORM

In conjunction with the Community of Mindful Living-UUFR, Michael Ciborski will facilitate a Day of Mindfulness (DOM) at the Avila Retreat Center on Saturday, 9/24/2016. Avila is located at 711 Mason Rd., Durham, NC 27712, just over 30 miles from UUFR. Check-in is TBD (likely between 9:00-9:30 am); the DOM will conclude in the late afternoon. A vegetarian lunch is included in the registration fee. Further information regarding DOM guidelines, what to wear, etc. will be provided in the confirmation email once payment is received. The cost for the day is $45; at least half of which must be received to reserve your place; the remainder must be received no later than September 8. If you reserve a space and cannot attend, a refund minus $5.00 will be sent if you cancel by September 8.

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Street Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City/State/Zip Code: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Telephone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-mail address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Experience, if any, with mindfulness and meditation? (please briefly explain):

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Would you like to receive the Five Mindfulness Trainings during the DOM? Yes\_\_\_\_\_ No\_\_\_\_\_ Uncertain\_\_\_\_\_ \_\_\_\_\_ (See the Five MTs at our website in Retreat/Dom announcement::

[www.raleighmindfulness.org](http://www.raleighmindfulness.org))

Make your check payable to Gail O’Brien and mail it, along with your Registration Form, to

 2532 Ashley Court

 Raleigh, North Carolina 27607

Amount Sent: (Please check one)

Day of Mindfulness $45 \_\_\_\_\_\_\_ $22.50\_\_\_\_\_\_\_

PLEASE NOTE: Your payment does NOT include Dana for Br. Michael; that will be collected during or at the end of the Retreat/Day of Mindfulness. THANK YOU for keeping this in mind and being as generous to Br. Michael as possible!!