

Please complete this, and bring it with you to the orientation meeting.

Name, address, telephone number

Emergency contact:

GP name and telephone number:

Occupation:

Date of Birth:

What brings you to the course?

What appeals to you about the course?

Have you any previous meditation or mindfulness experience?

Do you suffer from any illnesses? (e.g. allergies, diabetes, high/low blood pressure)

Have you suffered from any mental ill-health in recent years (e.g. anxiety or depression).

Are you taking any medications at present?

Have you had any disturbing life event in the last year, or is there anything going on for you now that you would like me to be aware of?

If personal difficulties arise during the period of the course, do you have someone you could turn to for support?

Some practices involve gentle movement and stretches. Have you any physical condition that might affect your ability to do these?

How do you plan to make time (up to 45 minutes a day) for home practice?

Is there anything else that you feel the tutor should know?