

**REGISTRATION FOR MINDFULNESS CLASSES**

Please email the completed form to Erin at erinsharaf@gmail.com. Your answers will be held in the strictest of confidence.

Upon receipt of payment and application to Erin, you will be registered for the course! As we get closer to the start date, you will receive information by email as to how to access the course materials and other important details. Thank you!

Name:

Address:

Email:

Phone:

Occupation:

Age (please highlight one): 20s, 30s, 40s, 50s, 60s, 70s, 80+

1. **Experience with mindfulness**
2. Which practices do you currently do? You can highlight more than one. Please list how many minutes per day and days per week you practice.
*  Mindfulness Meditation
*  Yoga
*  Loving kindness
*  Other
1. Please list any other yoga or mindfulness/meditation trainings you have participated in, if any.

1. Please list any retreats that you have attended, including duration.
2. What have you discovered about yourself through mindfulness or yoga (if anything)?
3. Why are you interested in participating in this mindfulness training and how did you hear about it?
4. If you are doing the full teacher-training, please describe your reasons for wanting to teach mindfulness.
5. Feel free to share anything else you think might be relevant for me to know.
6. **Background**
7. Are you currently working with a psychiatrist, psychologist or therapist?
If YES, by signing this form you agree to check with him/her to make sure participating in an intensive mindfulness training is appropriate for you at this time.
8. How would you rate your physical health on a scale of 1-10? (10 is the best shape you can imagine)
9. How would you rate your mental health on a scale of 1-10?

**3. Commitment to practice and personal responsibility**

In order to get the most out of this course, you will need to commit to formal mindfulness practice for at least 30 minutes per day on 6-7 days per week, and set aside 60-90 minutes per week to engage in the course readings and videos.

Please check the following boxes, sign and date below.

I understand that I am responsible for my personal well-being before, during and after the mindfulness teacher training. I take full responsibility for any choices or decisions that I make. 

I understand that this program is not advisable for those who are actively abusing drugs or alcohol and might not be advisable for those who have been in recovery for less than 6 months. 

I understand that if I have a history of trauma, suicidality or mental illness, it might be advisable to have a therapist to speak with as the course progresses. 

Legal Disclaimer:

I understand that I am voluntarily participating in a mindfulness teacher training with Erin Sharaf. I agree to the following legal disclaimer regarding our work together:

I hereby release, waive, acquit and forever discharge Erin Sharaf (“mindfulness teacher”), her agents, successors, assigns, personal representatives, executors, heirs and employees from every claim, suit action, demand or right to compensation for damages I may claim to have or that I may have arising out of actions, omissions, or commissions taken by myself or by my mindfulness teacher as a result of the advice given by my mindfulness teacher or otherwise resulting from the relationship contemplated hereunder. I further declare and represent that no promise, inducement or agreement not herein expressed has been made to me to enter into this release. The release made pursuant to this paragraph shall bind my heirs, executors, personal representatives, successors, assigns, and agents.

Privacy Policy:
Your personal information will never be shared or sold. You will be emailed with information relevant to the course and will be added to the Mindfulness + Magic emailing list, which you can unsubscribe from at any time.

Signed:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Payment can be made by check, Venmo (@erin-sharaf) or Paypal (erinsharaf@gmail.com)

Online only: $476

Online Plus 1 Retreat Day: $556

Full Mindfulness Teacher Training: $1196

If check, address is:

22 Davis Ct.

Concord, MA 01742