

Application to Receive the Five Mindfulness Trainings

Due by January 15, 2018

for the Day of Mindfulness on January 27, 2018

Please print clearly and return to itsfriday2@gmail.com

You can copy and paste your responses into an email if you like.

Or mail to: Joanne Friday, 725 School House Rd., Wakefield, RI 02879

Joanne will contact you regarding your application to set up a phone consultation.

Name:

Phone with area code:

Email:

Full Address:

Birth date:

Gender:

Which of the Trainings would you like to receive?

(You can choose all of them or particular ones. You are encouraged to take all five.)

All five First Second Third Fourth Fifth

Would you like to receive a Dharma Name to encourage you in the practice? Yes No

I am writing my aspirations and commitments below....(continue on back if necessary)