**Application Form  
for**

MSC Teacher Training Course: Mindful Self-Compassion  
Held in the beautiful setting of the Ammerdown Retreat Centre, near Bath  
15th March 2021 to 21st March 2021   
***Lead by Vanessa Hope and Ali Lambie***

By providing the below information and submitting the registration you agree for Sussex Mindfulness Centre (SMC) to store your information on their secure system and share it with the SMC team members to both administer and deliver the required training. Please note that the name you provide here will be used on your CPD certificate.

**Please read the supporting information about this training that is on the Sussex Mindfulness centre website very carefully.** The application process is in 3 stages:

1. Completion of this registration form and payment of £500 deposit to Sussex Mindfulness Centre (SMC).
2. Completion of the Center for Mindful Self-Compassion (CfMSC) online application form which will be reviewed by the trainers. You will be sent a link to complete this once the deposit has been received.
3. Provided your application is accepted, you will then be invited to pay the balance to SMC. Once this payment is received, you will receive a confirmation of your place.

Should your application in stage 2 not be accepted, you will be refunded your deposit. Under any other circumstances, your deposit is non-refundable.

This form represents the registration process (stage 1).

Please provide the following information:

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Title: |  | | Forename: | |  | | | | Surname: | |  |
| Date of Birth: DD/MM/YYYY | | | | | |  | |
| Gender: | | | | | |  | |
| Address 1: | |  | | | | | | | | | |
| Address2: | |  | | | | | | | | | |
| Address3: | |  | | | | | | | | | |
| County: | |  | | | | |
| Postcode: | |  | | | | |
| Country (if not UK) | | | |  | | | | | |
| Phone: | |  | | | | | | | |
| Email: | |  | | | | | | | |

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| Deposit payment Section here (£500) - Details of method of payment: |

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| Do you have any special dietary requirements? YES or NO  Please describe: |  |
| Do you have any logistical or practical requirements? YES or NO  Please describe – (please also see supporting information): |  |
| Please select your preference for room and payment and tick the relevant box (one of 4 options below):  **Payments on or before 17th July 2020 (early bird rate):** |  |
| 1. Single occupancy room: £1,400 |  |
| 1. Shared (twin or double) occupancy: £1,300 |  |
| **After 17th July (balances must be paid in full by 15th January 2021):** |  |
| 1. Single occupancy room: £1,700 |
| 1. Shared (twin or double) occupancy: £1,600 |  |
| If you wish to share a room, please state with whom: |  |
| Please state balance due at stage 3 of application process:  (this is the cost of your room above minus £500 deposit) |  |
| If you have special financial circumstances and wish to apply for a bursary, please tick here. If you tick this box, you will asked to complete an essay explaining your circumstances as stated in the supporting information, and decisions on bursaries will be made in around January 2021. |  |
| Please state if your attendance is entirely dependent on a bursary being given. YES or NO |  |

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| Where did you find out about this event? |  | |
| I confirm I have read, understood and agree to the payment and cancellation arrangements in the supporting information and wish to apply for the above event. YES or NO | |  | |
| Signed: | |  | |
| Date: | |  | |