**Course title:**  **SPRING 2024 NATURAL MINDFULNESS 21 DAY GUIDE TRAINING COURSE**

Registration and Booking is now open for this year's Spring programme which launches on Saturday 2nd March.

**Please note:** You are will not be required to attend this programme every day. It is designed to complete at your own pace. The course includes 7 videoed practice exercises, There are 3 assignments to complete and 4 live weekend zoom sessions. All sessions will be recorded and available to watch in your own time. Successful completion of this course will enable you to practice as a Natural Mindfulness guide. My courses are accredited by the International Mindfulness and Meditation Alliance - IMMA.

You are able to join this course at any time throughout March and April. \*\***Booking and registration closes for this Spring programme on Friday 26th April\*\***

**Non-UK Resident’s Course Fee & Payment Details**

Please make payment using the relevant bank details below:

**Europe 95EUR – Wise Europe SA, Rue du Trône 100, 3rd Floor, Brussels 1050 Belgium.**

Account Holder: **Cotswold Natural Mindfulness**

IBAN: **BE35 9670 2900 0437** BIC: **TRWIBEB1XXX**

**USA 110USD – Wise US inc. 30 W. 26th Street, Sixth Floor New York, NY 10010**

Account Holder: **Cotswold Natural Mindfulness**

Routing Number (ACH or ABA): **026073150** Wire Routing Number **026073150**

Bank Code SWIFT/BIC) **CMFGUS33** Account number: **8310333906**

**Australia 150AUD - Wise Australia Pty Ltd. Suite 1, Level 11, 66 Goulburn Street, Sydney null 2000.**

Account Holder: **Cotswold Natural Mindfulness**

Account number: **203422070** BSB Code: **774-001**

\*\**Contact me if you require further support with payment options\*\**

Please add booking details below then email/send a copy of this form to:

ian@natureconnection.world

*Name: Email:*

*Address:*

***On receipt of your payment and booking form*** you will receive a welcome email from me with an invitation to join your course group on my Nature Connection World Community Platform. This is an opportunity for you to connect with members, guides who have already trained with me and your fellow participants who will be joining you on your course. You will also receive a signed copy of my book, **Natural Mindfulness** *– your personal guide to the healing power of nature connection*. This will be sent to the postal address provided above. \*\*Due to some current difficulty with Belgian customs I am only sending an e-version of my book to those living in Belgium\*\*

Thank you for choosing to join me on this journey!