**Course title:**  **Refresher Friday Event 3rd May 2024**

These REFRESHER FRIDAYS throughout Spring, Summer & Autumn will enable guides to refresh and expand their knowledge, experience and connection with nature. This is also the ideal opportunity for guides who haven’t yet completed the 21 day course to refresh, expand and complete their course, guided by me here in the beautiful Gloucestershire Cotswolds.

Location: Dowdeswell Park, London Road, Charlton Kings, Cheltenham, Gloucestershire. GL52 6UT

The course runs from 9.30am - 2.30pm. I will be on site to greet you from 9am. We will set off from the meeting venue at 10am.

Bring appropriate outdoor clothing including walking shoes/boots with good tread. Please also bring a journal/notepad to record your reflections *(experiences, connections, understandings and insights)*. There is free parking and toilet facilities available and an opportunity to purchase tea, coffee, snacks and food. Feel free to bring your own packed lunch, snacks and water to keep you hydrated, if you wish.

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

Please make payment using the relevant bank details below:

**United Kingdom 35.00 GBP – Starling Bank**

Account Holder: **Ian Banyard**

Account number: **77556428** UK Sort Code: **60-83-71**

*Contact me if you experience any difficulties with, or want to discuss these payment options.*

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

[ian@natureconnection.world](mailto: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 Refresher Friday course group on my Nature Connection World Community Platform. This is an opportunity for you to connect with fellow participants prior to, and after the course. It is also a way for future participants to connect with others who have already attended this refresher training course.

Thank you for choosing to continue your journey with Natural Mindfulness!