



minding the food space

is offering

a

Refresher Course for Graduates

of the

8 week Mindfulness Course: “What am I truly Hungering for?”

Registration For Saturdays:

24th March; 14th April; 21st April; 5th May; 12th May 2018

Surname	
First Name	
Postal address,	
Tel	
Fax	
Cell	
E-mail (clearly!)	
Invoice needed for Medical Aid?	

Banking Details: Nedbank; Code: 104609; Name of Account: Minding the Food Space; Account number: 1046408437

After you have successfully registered, and paid (R2200), an email will be sent to you confirming your place on the course.

Please send this completed form with proof of payment to Ann Vorster (Office Administrator) on [email: mtfs-accounts@iafrica.com](mailto:mtfs-accounts@iafrica.com).
Thank you!