



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 Thursdays:

19th April; 26<sup>st</sup> April; 3rd May; 10<sup>th</sup> May & Saturday 12<sup>th</sup> 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!