

**Mindfulness-Based Stress Reduction Course
London: June / July 2010**

The session times are as follows:

12 June	1.30pm to 5.30pm
26 June	1.30pm to 5.30pm
10 July	1.30pm to 5.30pm
17 July	10.30am to 5.30pm

The final session includes an “all-day” retreat.

There will be a half hour break at midday for each session.

The course will be held at the London School of Economics in Holborn.

For a map and travel details see:

<http://www.lse.ac.uk/resources/mapsAndDirections/howToGetToLSE.htm>

If you have any questions contact Michael on michael@mbsr.co.uk or phone him on 01223 365057.

Please send a cheque for **£250.00**, made out to **Mindfulness Works Ltd.**, to Michael Chaskalson, Mindfulness Works Ltd., 41 St. Andrews Rd., Cambridge CB4 1DH.

I wish to attend the eight week Mindfulness-Based Stress Reduction Course in London that runs from 12 June to 17 July 2010.

I understand that payment for the course is to be made in full with this booking. Cancellations received less than two weeks before the course start date are liable to a 50% cancellation fee. No refunds will be made once the course has begun.

Your Name:

Your Signature:

Date:

