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

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

**Please note:** You are not 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, 4 live weekend zoom sessions and optional 1:1 LIVE chats. 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.

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

Please make payment using the relevant bank details below:

**United Kingdom 80GBP – 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

*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.

Thank you for choosing to join me on this journey!