**MBSR Facilitation**

**Certificate Request Form**

**Certificates cost $90** (as a charity, we do not charge HST).

* Mail us your completed request form and a cheque for $90
* Drop by our office with your completed request form and $90 in cash or cheque

Your Name *Exactly as it should appear on the certificate.*  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Full Mailing Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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How would you like to receive your certificate? *Please circle or bold your preference.*

* Via Canada Post Mail *Please double check your full mailing address above.*
* Pick-up at The Centre for Mindfulness Studies *We will contact you via email when your certificate arrives.*

Please indicate when you completed the four training modules.

**Mindfulness Core Concepts** Date of Completion \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**MBSR Intensive Training & Retreat** Date of Completion \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**MBSR Mentorship** Date of Completion \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Inquiry Essentials** Date of Completion \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please Note: If you would like a course alternative or experience to be considered as replacement for any of the above modules, you must submit an [Alternative Module Request Form](http://www.mindfulnessstudies.com/wp-content/uploads/2016/12/Alternative-Module-Request-Form-2016.docx) and receive approval prior to requesting your MBSR Facilitation Certificate.