

She Space –Our Sacred Centre Enrolment and Personal Information

Welcome to She Space!

I am so pleased to share with you practices that support you to access your inner wisdom – strong self awareness, a deeper body-mind connection and particular practices and teachings for women.

Taking the step to honour and nurture your mind-body is incredibly important. In doing so, you are benefiting yourself as well as all people in your sphere. You take a courageous and compassionate step. The ripple effect of working with your own mind-body can be quite extraordinary and I hope you get as much out of it as I do.

To help me to support you as best as possible in She Space I am requesting some personal information about you. To ensure you get a place please return this form as soon as possible with your deposit. All information you provide is treated as per the Privacy Act and as such will not be shared with any other party unless you explicitly consent to do so. In asking you this information about you, I take a responsibility to support you in the best way I can during sessions. If you feel it is important for me to be aware of any issues you do not wish to put to paper in this form please call me (Marina) on 0411 787 396. Part of the She Space practice is for you to take full responsibility for yourself, listen to your own body-mind, do what you need to do ... what you feel you need to care for your body-mind.

May your journey be rich and fulfilling, enjoyable and FUN!

In love, light and laughter,

Marina Findlay

OUR SACRED CENTRE

... Opening your inner Wisdom

www.oursacredcentre.com

Counselling - Meditation - Healing

Marina Findlay
BSW (Hons) MAASW
0411 787 396

**She Space –Our Sacred Centre
Enrolment and Personal Information**

I am most interested in She Space to (Check as many as relevant and/or prioritise by number):

- | | | |
|--------------------------------------|---|-------------------------------------|
| experience a greater sense of peace | learn female practices | body awareness |
| learn new meditation practices | body-mind connection | stress/anxiety relief |
| learn new spiritual practices | posture | breathing |
| more about Buddhist mediation | more about Taoist practice | more about earth based spirituality |
| Feel more in my body, more sensation | How my current spiritual practice fits within other practices | |
| other / details _____ | | |
-

What would you like to achieve / explore during the course?

Have you ever experienced or do you currently experience? Tick/embolden if applicable

- | | | |
|---------------------|------------------------|--------------------|
| heart disease | Depression | |
| epilepsy | Anxiety | |
| liver/kidney issues | Post traumatic stress | |
| heart palpitations | other mental illness | hernia |
| chest pain | asthma | infections |
| high blood pressure | glandular fever | infectious disease |
| low blood pressure | muscular pain | broken bones |
| a stroke | ulcers/ stomach issues | diabetes |

other medical conditions - please indicate _____

Are you currently taking any medications?

have you had recent surgery or major surgery in the past?

have you been hospitalized recently?

Are you pregnant? If so, how many weeks _____

***She Space –Our Sacred Centre
Enrolment and Personal Information***

Have you checked with your Dr. to participate in a meditation class that involves some movement? (e.g. bending, standing, walking, sitting, stretching, chanting (vocal exercise)) _____

If any of the above are ticked please provide details:

Please provide details of any injuries or pain in the following areas:

- . Neck _____
- . Back _____
- . Hips _____
- . Knees _____
- . Shoulder _____
- . Ankles _____
- . Wrists _____
- . Other _____

What do you do to take care of yourself (exercise, meditate, read, swim, walk, take baths, dress up, sports, buy clothes, eat, go to movies etc)?

Energy levels _____ Times of lows _____

Menstruation (circle as many as applicable) – irregular - regular cycle – on pill – painful – breast tenderness – hardly feel it – heavy – light –

Other / description _____

**She Space –Our Sacred Centre
Enrolment and Personal Information**

How many days do you bleed? _____ How many are heavier? _____ How many are lighter? _____

Do you smoke or drink alcohol or take any other mind-altering substance? What and How much _____

Water intake per day? _____ Coffee/ Tea quantity _____

Do you have any food cravings & what? _____ How often do you get colds _____

- The type of meditation provided at this centre is for the purpose of GENERAL USE and NOT for clinical purposes. If you need support for physical or psychological illness please seek medical advice or consult with a mental health professional (Marina is available for individual consultations around mental health issues).
- If you have any injuries, please seek medical advice and provide us with a MEDICAL clearance before starting any program
- If you have been referred by a Doctor or other Health Care Practitioner please provide his/her details:

Doctor's Name _____ Phone _____

Secure Your Place – Payment and Return this Form

to mlfindlay@hotmail.com

- Secure your place at She Space - pay an **\$80 deposit** into the bank account listed below.
- By post – Marina Findlay C/O MCHS, 93 Bell St, Coburg, 3058
- You will receive a confirmation of receipt of FORM and PAYMENT within 48 hours of my receiving it. If you do not receive an email or phonecall from me within 96 hours please contact me to confirm receipt.

The balance of the is due at the first session.

Investment (circle) \$140 Concession \$175 Working

Bank: Bendigo Bank, Name: Marina Findlay Branch: Newmarket
BSB – 633 000 , Account – 12404 7036

Cheque/money order – addressed and mailed to – Marina Findlay C/O MCHS, 93 Bell St, Coburg, 3058

***She Space –Our Sacred Centre
Enrolment and Personal Information***

IMPORTANT – so I know YOU have paid – in the internet banking form -PUT YOUR SURNAME AND FIRST INITIAL as REFERENCE – e.g. J Sarasvati, J Smith (if this is not an option record carefully your receipt number, your account name and number and the time you made the deposit and email me the details.

Mutual Agreement : Please read the following before signing

I understand that this form has been prepared for the purpose of my safety while participating in She Space with Our Sacred Centre. I understand that it is important to provide on-going information relevant to my health and well being for the duration of participation with Our Sacred Centre.

I understand the instructor is not able to provide advice with regard to medical fitness and that any known conditions that are of concern to me have been discussed with a doctor of practitioner before commencing the program.

I acknowledge that I am undertaking this meditation class that involves movement knowing the inherent risks that any movement can have and I take full responsibility for myself during the sessions. I fully acknowledge that the information I have provided is true and I take full responsibility for any injuries sustained during class as a result of any known conditions. I hereby release Our Sacred Centre and its instructors from any loss, damage or injury caused directly or indirectly by the application of these movements/exercises.

I have read and understand all information given to me.

Name Printed _____ Date _____

Signature _____

***She Space –Our Sacred Centre
Enrolment and Personal Information***

Attendance, What to bring, Location details, Early bird offer, Cancellation and Refund Policy

Attendance

- To demonstrate love to yourself and other people in the group please aim to arrive 5-10 minutes early. Session start at the advertised time.
- In caring for those you are doing the course with, when you think you will be late or you are unable to attend please contact me on 0411 787 396 prior to the session commencing and I will be able to let the group know.
- As the course builds on techniques learnt in earlier classes it is in consideration of all group members the following applies; If you miss 2 or more classes you may need to have a catch up class. This is assessed on a case by case basis.
- More people may attend the first three classes. After the third class group membership is sealed to encourage a supportive environment. When there are more than the maximum number of women wishing to attend a class, women who enrolled first will be given preference to remain at the class she initially applied for. Women will be offered a different class time and/or venue when the preferred course is full. When the alternate time is not appropriate the woman has the option of a full refund (conditions apply*).

What to bring

- An open mind
- Pen and paper (if you wish to take notes).
- Your own special meditation cushion – In some traditions it is said that the cushion you sit on collects the “energy” of your meditation and may assist you to meditate. If you do not have one there is no need to worry as I have plenty here!
- A shawl or wrap or “your meditation clothes or jewelry” – also collects “energy”
- Comfortable clothes that allow you to move freely – like what you might wear to an exercise or yoga class.

Location

- The location of the class is provided no less than 5 days prior to a course commences.

Early Bird Offer

- You may redeem your complimentary Reiki treatment (30 minutes) or 10% of an individual session (Counselling/Art Therapy/meditation/Healing) as soon as an appointment is available and your deposit has been received.
- When the organiser cancels a course or changes the location or time of the session the participant will receive a full refund except in the case where an Early Bird Reiki treatment has been provided*
- *Early Bird - In the case that an Early Bird Reiki treatment has been provided a non-refundable amount of \$45 applies.

***She Space –Our Sacred Centre
Enrolment and Personal Information***

Cancellation and Refund Policy

Cancellation by the Organiser (Our Sacred Centre)

- If, due to unforeseen circumstances, the organiser needs to cancel a class, a make up class will be offered at the end of the course or at another time deemed suitable by the organiser and the majority of the group. The organiser will attempt to contact all participants on the phone number provided (default – SMS). If this is not suitable please indicate in the section on “How may you be contacted” what you need.
- When the organiser cancels a course or changes the location or time of the session the participant will receive a full refund except in the case where an Early Bird Reiki treatment has been provided*
- *Early Bird - In the case that an Early Bird Reiki treatment has been provided a non-refundable amount of \$45 applies.

Cancellation by the Participant (You)

- In the case you are not able to attend the course a non refundable amount of \$80 applies. This covers administration costs.
- When you attend a number of sessions and are not able to complete the course the non-refundable amount of \$80 applies and each session attended is charged at \$30 up to the value of \$140 (concession) or \$175 (working). If you wish to continue the course individually the organiser may offer you individual sessions at a discounted rate. This is assessed on a case by case basis.

Any questions that are outside the square? Anything I've missed? ...Please give me a call 0411 787 396 ☺