



ALL THAT  
*Matters*

yoga + holistic health centers

“inner peace leads to  
world peace and that is  
all that matters”

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## MINDFULNESS TEACHER TRAINING ONLINE WITH ERIN SHARAF

### REGISTRATION FORM

Congratulations on enrolling for the Mindfulness Teacher Training! As we get closer to the start date, you will receive information by email as to how to access the course materials and other important details. Thank you.

Please take a few minutes to complete this registration form. Your answers will be held in the strictest of confidence. Email your completed form to Erin at [erinsharaf@gmail.com](mailto:erinsharaf@gmail.com).

Name:

Address:

Email:

Phone:

Occupation:

Age (please check one):  20s  30s  40s  50s  60s  70s  80+

#### 1. Experience with mindfulness

A) Which practices do you currently do? You can highlight more than one. Please list how many minutes per day and days per week you practice.

Mindfulness (sitting with awareness of breath and or open awareness)

Yoga

Loving kindness

Other

B) Please list any MBSR or other yoga or mindfulness trainings you have participated in, if any (8 week a MBSR course, 7 day professional training, 9 day or 8 week practicum, yoga teacher training, other):

C) Please list any retreats that you have attended, including duration.

D) Please describe your experiences, if any, in teaching mindfulness or yoga. What have you discovered through teaching?

E) What have you discovered about yourself through mindfulness practice; what does the practice mean to you?

F) Why are you interested in participating in mindfulness teacher training?

G) Feel free to share anything else you think might be relevant for me to know.

## 2. Background

A) Are you currently working with a psychiatrist, psychologist or therapist? If YES, by signing this form you agree to check with him/her to make sure participating in an intensive mindfulness training is appropriate for you at this time.  YES  NO

B) How would you rate your physical health on a scale of 1–10? (10 is the best shape you can imagine) \_\_\_\_\_

C) How would you rate your mental health on a scale of 1–10? \_\_\_\_\_

## 3. Commitment to practice and personal responsibility

In order to participate in the course, you must commit to formal mindfulness practice for at least 30 minutes per day on 6-7 days per week. If you are unable to commit to this level of practice at this time, please reapply when you can commit to maintaining a devoted personal practice. Please check the following boxes, sign and date below.

I commit to doing approximately 30 minutes of formal mindfulness practice on 6-7 days per week.

I understand that I am responsible for my personal well-being before, during and after the mindfulness teacher training. I take full responsibility for any choices or decisions that I make.

I understand that this program is not advisable for those who are actively abusing drugs or alcohol and might not be advisable for those who have been in recovery for less than 6 months.

I understand that if I have a history of trauma or mental illness, it might be advisable to have a therapist to speak with as the course progresses.

### Legal Disclaimer:

I understand that I am voluntarily participating in a mindfulness teacher training with Erin Sharaf. I agree to the following legal disclaimer regarding our work together: I hereby release, waive, acquit and forever discharge Erin Sharaf (“mindfulness teacher”), her agents, successors, assigns, personal representatives, executors, heirs and employees from every claim, suit action, demand or right to compensation for damages I may claim to have or that I may have arising out of actions, omissions, or commissions taken by myself or by my mindfulness teacher as a result of the advice given by my mindfulness teacher or otherwise resulting from the relationship contemplated hereunder. I further declare and represent that no promise, inducement or agreement not herein expressed has been made to me to enter into this release. The release made pursuant to this paragraph shall bind my heirs, executors, personal representatives, successors, assigns, and agents.

**Privacy Policy:** Your personal information will never be shared or sold. You will be emailed with information relevant to the course and will be added to the Mindfulness + Magic emailing list, which you can unsubscribe from at any time. Are you OK with your name and email being visible on group emails to participants in the course?

Signed:

Date:

