

Guidelines, Security & Confidentiality Consent Form

LEARNING MINDFULNESS

Mind Full to Mindful – Finding Calm in the Chaos

Please sign, date and return to: pameladangelmaier@yahoo.com before the start of your mindfulness course OR bring to the workshop in person. Please also bring a yoga mat, blanket and pillow to the workshop. If you have difficulty sitting on the floor, chairs will be provided.

Learning mindfulness is offered in a healing space that requires the safe and respectful conduct of all participants. Here are a few guidelines for such conduct:

Course Guidelines

1. I understand that I am being trained in mindfulness practices and that the role of the facilitator is to help guide me in this learning. I understand that she is not a counselor or therapist. Any feedback given by me during sessions (either individual or group sessions) is entirely voluntary and mainly concerns the thoughts, feelings and sensations that arise during mindfulness practices.
2. I will be guided by a pre-eminent concern with self-care when I engage in any and all practices.
3. I understand that the course will be held in accordance with Provincial COVID-19 restrictions and guidelines.

Medical Conditions & Care

If I have a medical condition, I will ensure that I am under the care of a health professional during this time. If I find that it is impacting my mindfulness practice or, alternatively, my mindfulness practice is impacting the condition, I will notify the instructor and my health professional.

Confidentiality

1. I will treat all conversations, comments, and experiences shared by participants as confidential. People are encouraged to participate fully in discussions; therefore, it is important that all participants respect the confidentiality of all comments and information shared during the mindfulness sessions.
2. I will not record or take photos during sessions.

Name

Date