



RETURN THIS FORM TO BOOK YOUR PLACE

COURSE REQUIREMENTS

The course combines different approaches to the subject of happiness from the very latest interventions from the world of positive psychology to insights from ancient philosophy and mysticism. But you will be encouraged to select your own path and level of involvement. I encourage you to come with a willingness to experiment and to step out carefully from your comfort zone into the area where change and growth can happen.

Most importantly we will be plotting a practical and experiential course through this material so be prepared to give some spare time to the exercises included to match your own desire to grow and develop your own wellbeing. We will be learning as much from each other as we will be from the source material and exercises undertaken, so be prepared to get to know a few of your fellow travellers. Lastly, bring a note-book and pen.

DATES

The course will start on Wednesday 7th October 09 for eight weeks, each evening starting at 8pm, with complementary refreshments available before so come early if your thirsty.

VENUE

The venue is Pierian Centre, 27 Portland Square, Bristol, BS2 8SA. A map can be found on their website: www.pieriancentre.com

BOOKING

The cost of the course is £80. Please make full payment in advance by sending a cheque payable to **embody**. Only the return of this form together with your fee will ensure you have a place. ***Please fill in the rest of this form and return it, together with your cheque to:***

Embody
5 Talbot Avenue
Bristol, BS15 1HE

YOUR CONTACT DETAILS

Name:
Address:

Phone numbers:
Email:

ADDITIONAL INFORMATION

It would help me if you could rate your current, general level of happiness:

- 10: **Extremely happy** (feeling ecstatic, joyous, fantastic)
- 9: **Very happy** (feeling really good, elated)
- 8: **Pretty happy** (spirits high, feeling good)
- 7: **Mildly Happy** (fairly good and somewhat cheerful)
- 6: **Slightly happy** (just a bit above average)
- 5: **Neutral** (not particularly happy or unhappy)
- 4: **Slightly unhappy** (just a bit below neutral)
- 3: **Mildly unhappy** (just a bit low)
- 2: **Pretty unhappy** (somewhat "blue", spirits down)
- 1: **Very unhappy** (depressed, spirits very low)
- 0: **Extremely unhappy** (utterly depressed, completely down)

On average:

The percent of time I feel happy ____ %
The percent of time I feel unhappy ____ %
The percent of time I feel neutral ____ %

HOPES AND INTENTIONS

What are you hoping to get or learn from Happiness for Life?