



Practices in Mindfulness Information

Learn every day practices (in a very fun way) that can help you relax, improve relating and enjoy life more!

This group will offer an opportunity to learn and practice mindfulness activities that can help you relax, be more alert, focus more, increase body awareness, manage stress and have fun. The group is open to Focus Individuals of the Rhythms Program and others who may enjoy it and benefit. Complete this application form. You will be notified of acceptance. Space is limited due to physical space limitations. There is a \$5/class fee for individuals not directly supported by Rhythms. If this is a hardship, please contact me directly to pursue a scholarship. Support staff, family members & friends of participating individuals are ***strongly encouraged to participate*** in the group as well (at no additional charge).

Dates: Fridays, 1:00 – 2:15 PM (**Group does not meet August 4 or 11th**)

Friday, June 30, 2017

Friday, July 07, 2017

Friday, July 14, 2017

Friday, July 21, 2017

Friday, July 28, 2017

Friday, August 18, 2017

Friday, August 25, 2017

Where: 122 E. Olin Ave., Ste. 100, Madison WI, Conference Rooms A & B

Facilitated by: Nanette A. Negri, Rhythms Program

Fax or email scanned application form to: comm.training@waisman.wisc.edu
or FAX 608-263-4681

Please register as soon as possible. You will be notified as to space for participation.
If you have questions, please email Nan at nanegri@wisc.edu



Practices in Mindfulness Application

***Fax or email scanned application form to:
comm.training@waisman.wisc.edu or FAX 608-263-4681***

Individual's name:
Person(s) joining individual:
Contact information (please include contact person's name, email and phone) Name: Email Address: Phone:
Will the individual need a personal visual schedule? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not sure
Will each person have a yoga mat? <input type="checkbox"/> Yes <input type="checkbox"/> No
Are there things that easily upset or cause dysregulation for the individual? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, please describe what they are and how to best help the individual cope and re-regulate:
Please list any additional accommodations the individual may require: