

**Mindfulness-Based Compassionate Living**

**Foundation Course**

**with**

**Frits Koster,  
meditation teacher and mindfulness trainer**

**Friday 6th – Sunday 8th September 2019  
in Oslo**

**Enrollment form**

**Please complete and send to NoSeMi;** [**nosemioslo@gmail.com**](mailto:nosemioslo@gmail.com)

1. Name:
2. Postal address:
3. Email address:
4. Telephone:
5. Profession:
6. Age:
7. Are you familiar with basic mindfulness practice?
8. Have you followed an eight-week mindfulness teacher training (MBSR, MBCT  
   or equivalent)? Where and when?
9. If you are in any type of therapy, please let Frist Koster know; [info@fritskoster.nl](mailto:info@fritskoster.nl)