



**Instructions**

Tax receipts will be issued for donations of \$20 or more.  
Complete information (sponsor name, address, postal code and email) is required for receipt purposes.  
Please make all cheques payable to "The Centre for Mindfulness Studies." Please print clearly.

More info: [mindfulnesschallenge.ca](http://mindfulnesschallenge.ca)  
[challenge@mindfulnessstudies.com](mailto:challenge@mindfulnessstudies.com)

**Participant Information**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ Apt #: \_\_\_\_\_  
 City: \_\_\_\_\_ Prov: \_\_\_\_\_ Postal: \_\_\_\_\_  
 Email: \_\_\_\_\_ Phone: \_\_\_\_\_

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