

Registration Form

Dear Student:

Thank you for your interest in New Living's Life Empowerment Healer Certification Courses. To better prepare you for the course(s), please keep the following tips in mind.

- 1) A light detoxification program is recommended before attending the class. Refrain from drinking alcohol and caffeine and avoid smoking. Eat a vegetarian macrobiotic organic diet that is as fresh as possible. Drink lots of purified/distilled water (64 oz. per day) and supplement with herbs/herbal teas that help with the elimination process. A vegetarian lunch, organic fruits, snacks and refreshments will be provided all three days during the certification course.
- 2) Practice meditation, yoga, or some form of spiritual contemplation in order to free the mind of negative thoughts and energy.
- 3) Lightly exercise and stretch daily in order to release any physical stress or tension being held in the body.
- 4) Please wear comfortable shoes and clothing. Each class will involve: a moving meditation, Yoga, Tai Chi, or going for a brisk walk at a nearby nature sanctuary (1-3 miles depending on weather). Please advise us if you have a medical condition that prevents you from participating in physical activity.
- 5) Please bring a notebook and pen. A tape recorder is optional but no recordings will be permitted during attunements or healing sessions.
- 6) Please be on time, and call ahead if you foresee a problem. We will begin promptly at the times specified according to your specific class.

Please make checks payable to New Living and mail to: New Living, Inc
PO Box 1519
Stony Brook, NY 11790

Name _____

Address _____

Town, State _____ Zip _____

Phone (Day) _____ (Evening) _____

Email _____

Date of & name of class you are taking

Tell us a little about yourself and why you are interested in this course: