



**INSTITUTE OF SERENITY**  
**MONIKA WALTER**  
PMB 875 \* 713 W. Spruce \* Deming, NM 88030  
575-543-8900 \* info@developserenity.com \* www.developserenity.com

## **Mail Order Form for the Self-Study Program for Autogenic Training:**

Please fill this form out legibly and send it with your check!

Make the check payable to:  
Institute of Serenity

Send your check with this form to:  
Institute of Serenity  
PMB 875, 713 W. Spruce  
Deming, NM 88030  
USA

Your name:

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Your address:

Street/PO Box \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

ZIP Code \_\_\_\_\_

Country \_\_\_\_\_

Your email-address:

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Your telephone number (in case I really cannot read your address and need to contact you by phone):

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Check all the phrases you want to order:

- |   |      |
|---|------|
| <input type="checkbox"/> Phrase 1: My arms and legs are heavy       | \$17 |
| <input type="checkbox"/> Phrase 2: My arms and legs are warm        | \$17 |
| <input type="checkbox"/> Phrase 3: My heartbeat is calm and regular | \$17 |
| <input type="checkbox"/> Phrase 4: My breathing is calm and regular | \$17 |
| <input type="checkbox"/> Phrase 5: My solar plexus is warm          | \$17 |
| <input type="checkbox"/> Phrase 6: My forehead is cool and clear    | \$17 |
| <input type="checkbox"/> Phrases 1 to 6: The entire package*        | \$79 |

\*If you order all six phrases, no shipping cost applies for domestic orders

Add shipping cost:

- |   |     |
|---|-----|
| <input type="checkbox"/> Domestic Shipping (all states and territories)<br>applies to all orders of one to five phrases | \$6 |
| <input type="checkbox"/> International Shipping   | \$9 |

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Total: \$ \_\_\_\_\_

What is your dominant side?

- right                       left                       does not matter

Thank you for your order!

I will send you a confirmation email once I have received this form and your check.  
You will receive a second email confirming the shipment of your CD(s).

I am looking forward to our journey together!

Monika