

OPEN FOCUS™* ORDER FORM

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Level 1– OPEN FOCUS ALBUM
“Skills for Physical and Mental Mastery”

#	Program	Minutes
0	Introduction to Open Focus *FREE*	51
1	Introduction to Open Focus Practice	27
2	Head and Hands	34
3	Long Form	36
4	Short Form	24
5	General Practice	28
6	Dissolving Physical and Emotional Pain	22

Level 2– OPEN FOCUS ALBUM
“Alleviating Stress Related Physical and Emotional Pain”

#	Program	Minutes
7	Dissolving Pain and Other Experience	29
8	Joint Space in Open Focus	25
9	Heart Centered Open Focus	26
10	Localizing Feeling, Emotion and Pain	27
11	How Am I Paying Attention?	20
12	Transfer of Open Focus to Daily Life	28

Level 3– OPEN FOCUS ALBUM
“Optimizing Performance and Function”

#	Program	Minutes
13	Feeling in Open Focus	31
14	Listening in Open Focus	32
15	Thinking in Open Focus	32
16	Seeing in Open Focus	52
17	Racquet Sports Training	20
18	Independent Practice of Open Focus	19

Description: The Level 1 series represents an initial step toward mastery of the OPEN FOCUS method of paying attention and towards dissolving physical and emotional pain.

Description: The Level 2 series represents an intermediate step toward mastery of the OPEN FOCUS method of paying attention and towards dissolving physical and emotional pain.

Description: The Level 3 series represents an advanced step toward mastery of the OPEN FOCUS method of paying attention and towards dissolving physical and emotional pain.

ITEM	MEDIA TYPE	PRICE	QUANTITY	TOTAL
<input type="checkbox"/> OPEN FOCUS ALBUM LEVEL 1	<input type="checkbox"/> AUDIO TAPES <input type="checkbox"/> CDS	\$ 59.95 \$ 79.95		\$
<input type="checkbox"/> OPEN FOCUS ALBUM LEVEL 2	<input type="checkbox"/> AUDIO TAPES <input type="checkbox"/> CDS	\$ 59.95 \$ 79.95		\$
<input type="checkbox"/> OPEN FOCUS ALBUM LEVEL 3	<input type="checkbox"/> AUDIO TAPES <input type="checkbox"/> CDS	\$ 59.95 \$ 79.95		\$
<input type="checkbox"/> Any Two Open Focus Albums Please Specify Levels Wanted <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3	<input type="checkbox"/> AUDIO TAPES <input type="checkbox"/> CDS	\$ 99.95 \$139.95		\$
<input type="checkbox"/> ALL THREE OPEN FOCUS ALBUMS	<input type="checkbox"/> AUDIO TAPES <input type="checkbox"/> CDS	\$149.95 \$199.95		\$
<input type="checkbox"/> Individual Program #'s 1– 18 *as listed above	<input type="checkbox"/> AUDIO TAPE(S) Program(s) _____ <input type="checkbox"/> CDS	\$ 12.95 \$ 17.95		\$
<input type="checkbox"/> OPEN FOCUS HANDBOOK Experiential Journey into OPEN FOCUS	<input type="checkbox"/> SPIRAL-BOUND HANDBOOK	\$ 29.95		\$
<input type="checkbox"/> Presentation Regarding Attention Training	<input type="checkbox"/> DVD	\$ 19.95		\$
SHIPPING/HANDLING	<input type="checkbox"/> PRIORITY MAIL (USA) <input type="checkbox"/> INTERNATIONAL PRIORITY	\$ 9.00 \$ 25.00		\$
Biofeedback Computers, Inc 317 Mount Lucas Road Princeton NJ 08540	<input type="checkbox"/> New Jersey Residents Add 7% Sales Tax	Tax (if applicable) \$ _____	TOTAL ORDER	\$ _____

***BILLING INFORMATION**

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***PAYMENT METHOD**

CREDIT CARD# _____
 AMERICAN EXPRESS
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 MASTERCARD
 VISA *EXP _____/_____
 CHECK# _____
 TOTAL ORDER _____

Quantity orders (Identical Units) 5-19 25% OFF, 20 or more 40% OFF

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