



## Bank Wire Instructions

**Re: Seminars & Nature Retreats in England with Paul Cavel**

**\*\*THESE INSTRUCTIONS ARE NOT VALID FOR ANY COURSES TAUGHT OUTSIDE OF ENGLAND\*\***

**Step 1:** Call *your* bank.

**Step 2:** Tell the representative you would like to wire funds in **pounds sterling** as follows—

To: Internal Energy Arts, Ltd

Bank: HSBC  
153 North Street  
Brighton  
East Sussex  
BN1 1RE

IBAN #: GB07 MIDL 4014 0372 3975 01

BIC #: MIDL GB 211 1V

**Step 3:** Email [chi@relaxationmeditation.co.uk](mailto:chi@relaxationmeditation.co.uk) and let us know:

- 1) Your first and last name
- 2) Date you wired money
- 3) Total amount sent
- 4) Seminar/nature retreat for which you paid

We will confirm with you via email within three days of receiving the funds in our account.

Thank you!