

# Mindfulness at Work

For happy and productive people and workplaces

## Price List



|  | Online | *In person |
|--|--------|------------|
| Guided meditations (30 mins)                   | 100    | 150        |
| Workshops (1 hour)                             | 150    | 225        |
| Courses (6 hours)                              | 800    | 1200       |
| Courses (8 hours)                              | 1000   | 1500       |
| Bespoke (hourly rate)                          | 150    | 225        |
| Bespoke (half day rate)                        | 450    | 675        |
| Bespoke (day rate)                             | 800    | 1200       |
| Coaching for individual employees (1 session)  | 150    | 225        |
| Coaching for individual employees (5 sessions) | 600    | 900        |

\* Additional travel costs may be incurred and will be notified at the time of booking.

Discounts of up to 25% may be available for multiple bookings made at the same time by the same organisation.



M I N D F U L M E

Workplace Wellbeing Programme 2023/24

**Mindful Me is the Mindfulness Business of the Year in the Greater London Enterprise Awards 2022**