

Mindfulness & Mental Health at Work

managing stress • building resilience • increasing focus



Price List

	Online	In person
Guided meditations (30 mins)	125	250
Workshops (1 hour)	175	325
Workshops (2 hours)	300	450
Courses (6 hours)	750	1,125
Bespoke hourly rate	175	325
Bespoke half day rate	600	900
Bespoke day rate	1,000	1,500

Additional travel costs may be incurred for in-person sessions and will be notified at the time of enquiry.

Additional fees may be added for a large number of participants.

A discount 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 2025/2026

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

Mindful Me is the Best Mental Health Mindfulness Business in the Global Health & Pharma Awards 2023

Tony O'Shea-Poon is the Wellness Coach of the Year in the Prestige Awards 2024