



CONTINUING MEDITATION WITH NEIL MCKINLAY

A List of Services and Fees



- *Ocean View Meditation Group* (\$40/half day; \$70/full day) - In providing guided meditation, extended practice, a short talk, and personal interviews, these monthly gatherings offer an invaluable chance to deepen our lives. The cost of each workshop includes a transcript of the day's main discussion and an mp3 of a guided practice session. Check 'Coming Events' for scheduled offerings.
- *Ocean View at Home* (Inquire for pricing) - Private gatherings of the *Ocean View Meditation Group* can take place in individual homes and workspaces. These small monthly meetings typically occur Thursday evenings over a two hour span. In this time, participants are offered guided meditation, extended practice, and a short talk.
- *Continuing Weekly Classes* (Check location for price and format) - Weekly classes take place at both Monterey Centre and Goward House. Offering regular exposure to longer practice sessions, they help bring meditation further into our lives. Check 'Coming Events' for scheduled offerings.
- *Four Session Coaching Package* (\$220/package) - This package offers four coaching sessions of up to 55 minutes in length. It allows familiarity between coach and client to establish itself, and encourages an in-depth examination of the meditative perspective and it's role in daily living.
- *Workshop-Coaching Package* (10% off four coaching sessions) - Class and workshop participants receive a discount on their initial four-session coaching package. The engagement afforded by this offering allows a highly recommended examination of meditative technique and it's perspective on living.
- *Monthly Meditation Updates* (Inquire for pricing) - These regularly updated guided meditations are offered in mp3 format with the intention of aiding both conventional practitioners and those who have completed *The Five-Minute Refresh*. Six- and twelve-month subscriptions are available.

Please inquire about Neil's continuing offerings for corporate and organizational clients.

Note: Prices are subject to change without notice.

For Canadian residents, GST must be added to the above prices.

Out of town clients are responsible for travel fees.

To learn more about Neil McKinlay's meditation and coaching services, contact:

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