



INTRODUCTORY MEDITATION WITH NEIL MCKINLAY

A List of Services and Fees



- *Learning to Meditate* (Check location for price and format) - This event introduces the practice of meditation in a variety of formats. Participants are guided through a basic technique that is grounded in body-centered relaxation. Time is spent exploring personal experience and attention is given to the task of establishing a practice schedule in our busy lives. Check 'Coming Events' for scheduled offerings.
- *Learning to Meditate at Home* (\$35/person; \$140/minimum) - This two hour version of *Learning to Meditate* introduces the practice of meditation in the comfort of your own home. With less than four participants the fee is \$140. For four or more, the cost is \$35 per person. A 'Meditator's Starter Kit' is provided to each participant.
- *The Five-Minute Refresh* (Inquire for pricing and format) - Intended for professional and other time-intensive settings, this event helps us reconnect with an inherent flow of health and energy. The hands-on format also allows time for questions and discussion, deepening participant understanding.
- *Personal Meditation Instruction* (\$250/person) - A pair of coaching calls supplement a two-hour instructional session as clients learn about and are helped to integrate meditation practice into their lives. This offering takes approximately a month to complete and includes the 'Meditator's Starter Kit'.
- *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.
- *The Meditator's Starter Kit* (Inquire for pricing) - Offering a guided CD and the booklet, *Steps Along the Way: Questions From a Meditator's Journey*, this is a useful compliment to both *Learning to Meditate* and *The Five-Minute Refresh*. Copies can be purchased on a per person basis or folded into the cost of an event.

Please inquire about Neil's corporate and organizational offerings.

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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