



## MEDITATION WITH NEIL MCKINLAY

### A List of Services and Fees



- *Learning to Meditate* (Check location for price and format) - This popular event introduces the practice of meditation in a variety of formats. Participants are guided through a basic meditation technique that is grounded in a series of body-centered relaxation protocols. 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) - Bring Neil's popular *Learning to Meditate* workshop into your home. This two hour event introduces the practice of meditation. With less than four participants the fee is \$140. For four or more participants the cost is \$35/person. A 'Meditator's Starter Kit', consisting of a guided CD, a yoga strap and a copy of *Steps Along the Way: Questions From a Meditator's Journey*, is provided to each participant.

- *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'.

- *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) - *Learning to Meditate* participants receive a 10% discount on their initial four-session coaching package. The engagement afforded by this offering allows for a detailed examination of meditative technique and it's perspective on living. Because this considerably deepens one's experience of the practice, the combined service is highly recommended.

*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.

Payment can be made by cash or cheque.

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

**Neil W. McKinlay**

**Phone: (250) 595 4348**

**Email: [info@neilmckinlay.com](mailto:info@neilmckinlay.com)**