



INTRODUCTORY MEDITATION WITH NEIL MCKINLAY

A List of Services and Fees



All Neil McKinlay's introductory services draw from the 'Meditating with the Body' work of Reggie Ray. Whether hoping to reduce the stress of daily living or seeking to take another step along our spiritual journey, this distinct approach to meditation meets what we bring to the practice as modern people and allows us to realize our varied motivations. As many of these events are hosted through local community centers and fitness studios, interested individuals are directed to Neil's teaching schedule and/or the specific facilities involved for more information.

- **Introductory Classes/Workshops (Check for location, price, and format)** - These events introduce meditation in a variety of formats. Participants are gently guided into the practice and theory of this discipline. Time is also spent exploring personal experience and attending to the task of establishing a regular practice schedule. See 'Coming Events' for offerings.
- **Learning to Meditate at Home (\$200/minimum; \$50/person)** - This two hour workshop introduces meditation in the comfort of your home. Participants are guided into the practice and theory of this discipline. Time is also given to personal experience and the task of establishing a regular practice schedule. With less than four participants the fee is \$200. For four or more, the cost is \$50 per person.
- **Personal Meditation Instruction (\$300/person)** - A pair of coaching calls supplement a two-hour home-based workshop as clients learn about and are helped to integrate meditation into their lives. This offering takes approximately one month to complete.
- **The Five-Minute Refresh (Inquire for pricing and format)** - Intended for professional and other time-intensive settings, this event helps bring meditation into the existing shape of our days. In as few as five minutes, we reconnect with inherent wellness and become more responsive to our lives. The hands-on format allows time for questions and discussion, deepening participant understanding.

Please check Neil's website for special offers and promotions.

Note: Prices in Canadian dollars (CAD) with applicable taxes included.

Prices subject to change without notice.

Out of town clients are responsible for travel and/or telephone fees.

To learn more about Neil McKinlay's services:

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