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Corporate Mindfulness Contract Options & Price List

All sessions are 30 minutes.

Monthly Contract:

1 Class 1 Class/month $200

1 Class/week 4 Classes/month $700/month

2 Classes/week 8 Classes/month $1200/month

Private Sessions Scheduled upon request $75/Session

Quarterly Contract:

1 Class/week 12 Total Classes $1895

2 Classes/week 24 Total Classes $2995

Private Sessions Scheduled upon request $65/Session

Annual Contract:\*

1 Class/week 48 Total Classes $5765

2 Classes/week 96 Total Classes $11,125

Private Sessions Scheduled upon request $55/Session

\*Annual contracts include 48 weeks of classes.