

Our Corporate Meditation Classes

We are pleased to provide you with this selection of our available corporate meditation classes

Comprehensive Corporate Meditation Course

Duration: 90-minutes total, available in 1, 3, or 6 sessions

Our Comprehensive Corporate Meditation Course is the complete solution for your company. With this course, your employees will learn everything they need to know about mindfulness and meditation.

The course includes sessions designed to promote calmness, increase focus and productivity, and enhance creativity and teamwork.

Best of all, the Comprehensive Meditation Course is easy to fit into your company's schedule. You may choose to take the 90-minute course in one single session or to split it into 3 30-minute sessions or 6 15-minute sessions.

Available either onsite or online.

One-off meditation sessions

Available in 15-minute, 30-minute, or 1-hour sessions

We offer a wide range of meditation sessions custom-designed to meet your business' goals.

Typically, one-off meditation sessions are 30 minutes or one hour and may be held online or onsite. See below for pricing details.

ONLINE PRICING:

1 90-minute session: \$1500

3 30-minute sessions: \$600 / session

6 15-minute sessions: 400 / session

ONSITE PRICING:

Please contact us for details

Number of participants:

No maximum number of participants

Available sessions include:

- Breathing meditation for calmness
- Body Scan for stress-reduction
- Focused-attention meditations for concentration and productivity
- "Open Meditation" for creativity
- Compassion meditation for team building and conflict resolution

PRICING: See Page 3 (below)

The Daily Meditation

+1 289-689-5034 / Paulh@TheDailyMeditation.com

Mindful Executive Leadership Class

With mindful leadership, executives can relieve the stress in their own lives and enhance relations at work. Our Mindful Executive Leadership class includes sessions on productivity, calmness, compassion, and more.

PRICING: Contact us for details

Have a special requirement?

The above are our main Corporate Meditation Classes. But sometimes, you need something a little extra or a little unique. We get that. That's why we invite you to chat with us. Let us know your team's unique needs and we will create a custom Corporate Meditation Class specially for you.

Take Away Our Exclusive Corporate Meditation Video [2 Hours of Content!]

We're serious about helping your team achieve its goals. That's why, after you take one of our corporate meditation classes, you will receive access to our Corporate Meditation Video, a special video with two hours of content designed specially to help your team incorporate mindfulness and meditation at work.

**Available when booking for a minimum of 90-minutes of any session type*

The Daily Meditation

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Online Pricing for single lessons

*All prices listed are estimates

#Participants	15-minutes	30-minutes	1 hour
1 - 50	\$400	\$500	\$650
51 - 100	\$450	\$550	\$700
101-300	\$500	\$600	\$750
301-500	\$550	\$650	\$800
501-1000	\$600	\$700	\$850
1000+	contact us	contact us	contact us

Onsite Pricing for single sessions

*All prices listed are estimates

#Participants	15-minutes	30-minutes	1 hour
1 - 50	\$600	\$700	\$850
51 - 100	\$650	\$750	\$900
101-300	\$700	\$800	\$950
301-500	\$750	\$850	\$1000
501-1000	\$800	\$900	\$1050
1000+	contact us	contact us	contact us

**We require compensation for travel expenses for all onsite sessions.*

Have a question or a unique situation?

We hope this document has answered your questions, and we look forward to working with you. However, we understand that sometimes your team may have special circumstances, or you might have questions not covered in this document. If this is the case, please contact Paul Harrison at PaulH@TheDailyMeditation.com, or by telephone at +1 289 689 5034