



Mindfulness Meditation
 VisitYourself.net
 meditate@visityourself.net
 202.288.0060

Policies

- Fees for group offerings are guaranteed by the sponsoring organization, which may opt to have participants pay part of the amount. The sponsoring organization is responsible for promotion and for provision of space and audio-visual equipment.
- Travel time is an additional \$60 per hour.
- A 3% surcharge will be added to the price for credit card payments.
- For seminars and retreats, a deposit of 20% of the fee is due to reserve the time. The balance of the fee is due the day of service. Should client's circumstances hinder the provision of service, balance is still due the originally-scheduled day of service and Visit Yourself® at Work will re-schedule.
- The instructor, at his/her discretion, may remove or bar participants whose behavior—before, during, or after an offering—is deemed inappropriate and/or disruptive.

Seminars, Retreats, & Weekly Sessions

Rates are for up to 50 attendees. For larger groups, please inquire.

- **Seminars**
 - 30 minutes \$575
 - 45 minutes \$775
 - 60 minutes \$925
 - 75 minutes \$1,025
 - 90 minutes \$1,100
 - 120 minutes \$1,225
- **Workshops/Retreats**
 - Half Day (3 ½ hrs) \$1,900
 - Full Day (7 hrs) \$2,400
- **Weekly 45-minute sessions**
 - 5 weekly sessions \$575/session
 - 10 weekly sessions \$500/session
 - Ongoing weekly sessions \$400/session
- **Weekly 30-minute sessions**
 - 5 weekly sessions \$560/session
 - 10 weekly sessions \$485/session
 - Ongoing weekly sessions \$385/session

For private sessions over the phone or online, please inquire.