



## Mindfulness Circle & Mentorship Pricing\*

### Tiered Pricing Model Overview

The purpose of tiered pricing is to provide increased service access to our community.

**Tier 1:** For public schools and BIPOC/underserved groups

**Tier 2:** Small local businesses and nonprofit organizations

**Tier 3:** Established organizations, for profit companies, private donors/sponsors

### One-on-One Mindfulness Mentorship

Mindfulness Mentoring is intended to support the development or enrichment of mindful practice and mindful living through one-on-one sessions with an experienced mindfulness-based teacher. This mentoring is appropriate for beginners as well as established practitioners who may want to reinvigorate their personal practice. During these sessions, you will be exploring elements of mindfulness, while being supported in ways to integrate it into your everyday life. These sessions may also provide targeted support to educators and school-based staff currently integrating or planning to integrate mindfulness-based practices into their curricula, classrooms, and educational cultures.

#### Pricing: Individual Mentorship Sessions

**Format:** Individualized 60-minute sessions

	Tier 1	Tier 2	Tier 3
<b>In-Person</b>	\$275	\$357.50	\$385
<b>Virtual</b>	\$175	\$227.50	\$245

#### In-Person Mentorship Package Pricing

	Tier 1	Tier 2	Tier 3	
<b>4 sessions</b>	\$935	\$1,215.50	\$1,309	15% discount
<b>6 sessions</b>	\$1,320	\$1,716.00	\$1,848	20% discount
<b>8 sessions</b>	\$1,650	\$2,145	\$2,310	25% discount

#### Virtual Mentorship Package Pricing

	Tier 1	Tier 2	Tier 3	
<b>4 sessions</b>	\$595	\$773.50	\$833	15% discount
<b>6 sessions</b>	\$840	\$1,092	\$1,176	20% discount
<b>8 sessions</b>	\$1,050	\$1,365	\$1,470	25% discount

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## Mindfulness Circles

An opportunity for exploring mindfulness with guided and silent practice, shared inquiry, and engaged participation. These circles provide space for being in community in a gentle way through deep listening, deep thinking, and an exploration of what is present for the group. The format of these circles offer space to facilitate connection, foster understanding, and build community through this shared learning and practice of mindfulness.

### 8-Week Program Pricing:

**Format:** 8 weekly 90-minute sessions, 6-15 participants

	<b>Tier 1</b>	<b>Tier 2</b>	<b>Tier 3</b>
<b>In-Person</b>	\$2,500	\$3,250	\$3,500
<b>Virtual</b>	\$1,500	\$1,950	\$2,100

### Circle Workshop Pricing:

**Format:** 120-minute sessions, 6-15 participants

	<b>Tier 1</b>	<b>Tier 2</b>	<b>Tier 3</b>
<b>In-Person</b>	\$300	\$390	\$420
<b>Virtual</b>	\$200	\$260	\$280

### Half-day Program Pricing:

**Format:** 3-hour session, 6-15 participants

	<b>Tier 1</b>	<b>Tier 2</b>	<b>Tier 3</b>
<b>In-Person</b>	\$525	\$685	\$735
<b>Virtual</b>	\$425	\$552	\$595

### Full Day Program Pricing:

**Format:** 6-hour session, 6-15 participants

	<b>Tier 1</b>	<b>Tier 2</b>	<b>Tier 3</b>
<b>In-Person</b>	\$800	\$1,040	\$1,120
<b>Virtual</b>	\$700	\$910	\$980

## Scheduling:

For more information and to schedule programming, contact Sarah Manion, Chief Program Officer at [smanion@calmerchoice.org](mailto:smanion@calmerchoice.org) or call us at 508-398-0808.

*\*For all in-person programs beyond a 30-mile radius of Osterville office an additional \$1.00 per mile per instructor will be added*