



**Meditation with** Peggy Gaines RN  
*Find Calm in a Hectic World*

## **From Frenzied to Focused: Bringing Calm to Small Businesses**

Prices listed are for Businesses within the Miami metropolitan area.  
For businesses outside Miami, please call for program info.

### **Two Month Turnaround – Pricing for 1 group (10 people max)**

#### **Meditation for Stress Reduction Program**

30 minutes 1x/week for 8 weeks, includes 30 day Guided Instruction  
Meditation App to help participants stay on track with their meditation  
practice.

**Total package: \$1,000.**

### **Jumpstart Training – Pricing for 1 group (10 people max)**

1<sup>st</sup> Month      Four-week **Meditation for Stress Reduction Program**  
30 minutes 1x/week for 4 weeks

**Total package: \$600.**

### **Lunch and Learn - Pricing for 1 group (10 people max)**

Thirty-minute presentation given during the lunch hour. Participants will be guided through a brief meditation and will be introduced to the benefits of meditation. Techniques will be presented which can be used by staff to decrease stress while at their desks.

**Total package: \$200.**



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## Online Learning for Corporations

**Virtual Online Meditation Classes** personalized with the **Individual Company Logo**.

### Two Options

1. **Six 30-minute Instructional Videos professionally filmed and edited** with the **Company Logo** along with a **Meditation App** that the corporation can own as part of their permanent library for employee health and wellness. The videos give step by step instruction how to begin and establish a meditation practice. The Meditation App is a tool the employee can access on a daily basis to support the practice of sitting down and meditating.
2. **Twenty-five separate Short 5 to 7 minute Instructional Segments** (professionally filmed and edited) can be viewed on the individual employee computer during a break. These short segments are taken from the longer 30-minute Instructional Videos. Shorter segments allow the employee to review the information at their computer during the day when they are at lunch or on break. These short segments will also have the **Company Logo** each segment. These shorter Instructional segments will also belong to the company permanently.

**Purchase both Option 1 & 2 with Company Logo = \$2,000.**

**Purchased separately with Company Logo = \$1,500.**



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