

MINDFULNESS WORKSHOP

2022 PRICING

Kinema Fitness offers a variety of interactive Mindfulness workshops, specifically curated to your needs. All workshops are led by our Mindfulness Director or a regional Mindfulness practitioner. Our mission is to cultivate ease, balance and connection between body and mind through Mindfulness workshops.

4 WEEK WORKSHOP SERIES

~~\$480~~

10% off \$432

- Introduction to Mindfulness at the Workplace
- Mindfulness for Every Day
- Mindfulness for Stress & Anxiety
- Mindfulness at Home

6 WEEK WORKSHOP SERIES

~~\$720~~

15% off \$612

- Introduction to Mindfulness at the Workplace
- Mindfulness for Every Day
- Mindfulness for Stress & Anxiety
- Mindful Eating
- Gratitude Setting Workshop
- Mindfulness for Family Stress

8 WEEK WORKSHOP SERIES

~~\$960~~

20% off \$768

- Introduction to Mindfulness at the Workplace
- Mindfulness for Every Day
- Mindfulness for Stress & Anxiety
- Introduction to Meditation
- Mindful Eating
- Gratitude Setting Workshop
- Mindfulness at Home
- Implementing Daily Mindful Habits

*Pricing based on 30 min. workshops

INDIVIDUAL WORKSHOPS

- 15 minutes: \$60
- 30 minutes: \$120
- 45 minutes: \$80
- 60 minutes: \$240

