



JERSEY INTERNATIONAL  
MINDFULNESS CENTRE  
Awareness | Focus | Connection

## PROFESSIONAL FEES

**One hour taster:** £200

**Half day workshop:** £500

**Full day workshop:** £800

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**JsyIMC accredited and research-supported courses:  
Mindfulness for Stress, Mindfulness for Health,  
Mindfulness for Business and Entrepreneurs (MfBE)**

### **2 DAY MASTERCLASS:**

At JsyIMC: £390 per person

In-house (Jersey), video conference or international location: POA  
Minimum numbers and terms apply, contact us for more information.

*Teas and coffees provided; lunchtime snacks/drinks  
can be provided for an additional charge.*

### **4 OR 8 WEEK COURSE:**

At JsyIMC: £350 per person

In-house (Jersey), video conference or international location: POA  
Minimum numbers and terms apply, contact us for more information.

*Teas and coffees provided; lunchtime snacks/drinks  
can be provided for an additional charge.*



T: +44 (0)1534 852953 E: [mindfulness@jsyimc.co.uk](mailto:mindfulness@jsyimc.co.uk)

[www.jsyimc.co.uk](http://www.jsyimc.co.uk)



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### **One-to-one Mindfulness Teaching**

Initial consultation: £270  
Follow up appointments: £135 per hour

### **Drop-in Sessions**

£40 for a block of 8  
See website for available sessions.

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### **Mindfulness Retreat**

Price on application, due to the bespoke nature of this program.

### **Mindfulness Strategy, Implementation and Evaluation Service**

Price on application, due to the bespoke nature of this program.

### **Mindfulness Based Multidisciplinary Pain Management Programmes (PMPs)**

Price on application, due to the bespoke nature of this program.

*Please contact us for further information about any of our services.*

*Terms and conditions apply, available upon request. All fees quoted in GBP, prices in Euros and USD will be calculated at time of application with the current interest rate at time of transaction applied.*



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