

Charges for Mindfulness courses

Initial assessment / taster session charged at the rate of:

- £50 for a 30 minute consultation.

Subsequent sessions charged at the rate of:

- £100 per individual mindfulness session (lasting an hour)

- £230 - 300 for an 8 week group MBCT course (1 ½ hours per week)

Top Up/Refresher group session charged at the rate of:

- £20 for 1 ½ hours