



CRIM MINDFULNESS INITIATIVE

workshop & course fees

Thank you for your interest in the Crim Mindfulness Initiative Community Classes, Workshops and Courses. In addition to the offerings listed below, as time and funding allows, we enjoy customizing programs and presentations for conference workshops and keynote addresses.

COMMUNITY

classes & presentations

Yoga & Mindfulness Community Classes: Free to be accessible to all. Donations welcome. If you are interested in a course at your school, business or organization, please reach out to us at mindfulness@crim.org.

Adverse Childhood Experience (ACE) Informational Presentation: Free to Flint community members and organizations. Donations welcome.

More workshops & programs listed on the back ➔

COMMUNITY workshops

A Mindful Me: Developing a Personal Mindfulness Practice

Playing Attention: Sharing Mindfulness with Youth

- *2-hour workshop*: \$25 per person, per session
- *4-hour workshop*: \$50 per person, per session
- *8-hour workshop*: \$100 per person, per session

TRAINING courses & programs

Mindfulness Based Stress Reduction (MBSR, 8-week course): \$350

Search Inside Yourself Certified Program (2-day course): \$1,250, with an early bird discounted price of \$650. *(Must be registered more than one month prior to the training start date, in order to qualify for the discount.)*

Yoga Ed. Professional Institute (4-day course): \$650

Consulting and customized workshops may be available upon request. Price may vary depending on scope and location.

Please note, any revenue raised via training and program fees is invested right back into the heart of our work – providing free and accessible mindfulness programming and leadership opportunities for Flint youth and families. Unless otherwise noted, all costs listed are per person. For the most current and up-to-date information, please refer to the Training Guide and our website www.crim.org/mindfulness.

Scholarships and support may be available for those who live and/or work in Flint.

Please e-mail mindfulness@crim.org to learn more.

