“WE ARE SHAPED BY OUR THOUGHTS, WE BECOME WHAT WE THINK. WHEN THE MIND IS PURE, JOY FOLLOWS LIKE A SHADOW THAT NEVER LEAVES.”

Buddha
The Clear Mind Company is based in London so at present we only offer classes and courses within the London area. If you are based elsewhere, we will be offering retreat options, workshops and two day intensive courses very soon.

Please leave us your details if you are interested in hearing more about our upcoming events.

pete@theclearmindcompany.com
YOGA

60 min Private Yoga Session £75
90 min Private Yoga Session £95

60 min Group Yoga session £10 per person (minimum spend is £60)

MEDITATION

60 min Private session £75
75 min Private session £85

Meditation sessions include some preliminary breathing exercises and gentle Yoga (if requested) in addition to formal meditation practice.
£200 per person (minimum 3 people)

This is based on a 1 hour tutorial each week, course materials for home practice, and full access to teacher support throughout the course. Students will be asked to fill in a number of assessment forms before and after the course to measure stress levels, cognitive function and overall wellbeing.

If you prefer a little more support you can book in additional sessions between the weekly tutorials to help you practice and stay focused. **These are priced at £60/hour**

If you are looking to take the 8 week course by yourself, each individual session is **priced for as a private lesson.**
EQUIPMENT FOR YOGA AND MEDITATION

Group classes are expected to provide their own mats.

Please give us a call if you are unsure which mats to buy and we can talk you through it. yogamatters.com are an excellent online provider and have a wide range of stock.

Private students can request a mat and props if required.

Liquid chalk can be helpful if you find that your hands slide when you sweat! This can also be found on yogamatters.com or in any good climbing shop.

Group meditation classes will need to provide straight backed chairs or meditation cushions. It is not compulsory to sit cross legged or even kneeling (a chair is fine) but it is important that the spine is upright. A rolled up pillow or towel to support the lower back is very useful so have something on hand if you need a little extra padding.

Meditation can also be practiced lying down so if you prefer not to lie on the floor, a yoga mat can be useful.

Private meditation students can request a cushion or bolster if required.
WE ARE PLEASED TO OFFER
BOTH FAST PACED DYNAMIC
SESSIONS FOR THOSE
WHO LIKE A CHALLENGE,
AND MORE
RESTORATIVE GENTLE CLASSES
FOR THOSE WHO LIKE TO RELAX

HOW TO BOOK

Please contact us on 0208 961 1876
or email pete@theclearmindcompany.com to arrange a booking.

A one week deposit is required for all private students to cover late cancellations
and 24 hours notice is required if you do need to cancel.

For 8 week meditation courses, fees are payable in full prior to commencement of week 1.
Group Yoga classes are arranged in 5 week blocks – payment in advance.