

Budget:

Item	Description	Cost
Program Leader Salary	Part-time 10 hrs/week	\$15,600.00
Education and Training	1 hours x 5 @ \$50/hr	\$250.00
5 Credentialed Professionals	4 hours each @ \$50/hour	\$1,000.00
Materials and Supplies	Printing	\$300.00
	Workshop participant materials	\$600.00
Production: videos of sessions	6 videos	\$500.00
Equipment	Yoga Mats	\$200.00
	Massage (Reiki) Table	\$400.00
	Herbs	\$400.00
	Speaker for music	\$100.00
Incentives	Snacks 6 sessions	\$600.00
	Drinks 6 sessions	\$600.00
		\$
TOTAL COST	NO. of MANAGERS = 8	\$20,550.00