

INSPIRED JOURNEYS LLC

Naturally Inspired Deathcare

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GENERAL PRICE LIST & PLANNING GUIDE

These prices are effective as of August 1, 2025, but are subject to change without notice.

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WELCOME

We are dedicated to inviting folks to engage in hands-on, natural care of their dead. We believe in the transformative power of family-led deathcare in the sacred spaces you create. We're definitely not the "traditional" funeral home—we're a partner at your side. Let's walk through these choices together to discover the right options **for you.**

We are proud to be certified by the Green Burial Council and we offer a wide variety of environmentally responsible goods and services to help you reduce your final carbon footprint. So whether you are interested in green burial, water cremation, natural organic reduction, or something entirely different, we are committed to you and to Mother Earth.

The goods and services shown below are those we can provide to our customers. You may choose only the items you desire. However, any funeral arrangements you select will include a charge for our basic services and overhead. If legal or other requirements mean that you must buy any items you did not specifically ask for, we will explain the reason in writing on the statement we provide describing the funeral goods and services you selected.

Thank you for supporting the Midwest's first woman-owned natural deathcare provider. I am honored that you have chosen to be present with the profound.

angela

ESTIMATE WORKSHEET

_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____

PROFESSIONAL FUNERAL SERVICES

Basic Services of Staff | \$1,500

This fee includes: funeral director availability 24/7/365 to respond to initial requests for service, the funeral arrangement meeting, preparing and filing required paperwork, obtaining necessary authorizations, and coordinating with parties involved in the care and fulfillment of services you select. In addition, this fee includes a proportionate share of our basic overhead costs, including insurance, administrative expenses, and governmental compliance.

This fee for our basic services and overhead will be added to the total cost of the funeral arrangements you select. (This fee is already included in our charges for direct cremations and immediate burials.)

Mortician Guidance for Client Care of the Deceased | \$400

Some clients feel comfortable caring for their dead on their own, and others would appreciate guidance tailored to their specific situation. This fee covers licensed mortician oversight and education to lead you through the process of caring for the dead, side by side with you. Education includes: bathing, anointing, refrigerant (dry ice or Techni-Ice) application, dressing, shrouding, and casketing/encasing the deceased.

Mortician-Provided Care of the Deceased

If there are some tasks you would prefer that our staff completes on their own, we can tailor most of our services to meet your comfort level. The following fees cover care of the dead provided directly by our licensed morticians. You may select only the services you wish, except where noted.

Bathing and/or anointing and refrigerant (Techni-Ice) application | **\$200**

Dressing | shrouding | casketing | encasing the deceased | **\$250**

Cosmetics application and hairstyling | **\$100**

Pacemaker removal and recycling* | **\$50**

Restorative cosmetology** | **\$600**

(Includes wound care and suturing autopsy or donation incisions)

Sheltering the deceased, per day after 48 hours | **\$50**

Embalming | **\$1,000**

A Note About Embalming: We are dedicated to avoiding the unnecessary use of toxic chemicals and invasive processes. Instead of embalming, we generally recommend the use of dry ice or Techni-Ice for viewings, vigils, or public visitation on private property (such as a home or place of worship).

Except in certain special cases, embalming is not required by law. Embalming may be necessary, however, if you select certain funeral arrangements, such as a funeral with viewing. If you do not want embalming, you usually have the right to choose an arrangement that does not require you to pay for it, such as direct cremation or immediate burial, or when refrigeration or use of dry ice is available.

Transportation of the Deceased | \$400

Minnesota law allows families to transport their own dead, which we can advise you about if interested. If you would rather leave the driving to us, we are happy to assist. You may choose this for events such as: transporting the dead from the place of death to the home or our facility; transporting them to a visitation, funeral, or other event; or transporting them to the cemetery or crematory. (Each of these examples would incur a separate fee.) Traveling beyond 30 miles incurs an additional charge (one-way) of \$1.50 per mile.

**Required by crematories when flame cremation is selected as final disposition*

***Strongly recommended after autopsy, trauma, or organ/tissue donation*

Event Supervision and Facility Fees

The following fees cover licensed mortician supervision of events. If using a funeral home, Minnesota state law requires a licensed mortician to supervise funeral or graveside ceremonies with a deceased person present (e.g., shrouded or casketed). If we are present at a visitation, funeral, or memorial service, we do not charge for supervising a graveside ceremony that immediately follows it.

Just Our Staff:

Visitation or gathering supervision (per 2-hr. increment) | **\$200**

Funeral, memorial, celebration of life, graveside, or other ceremony supervision | **\$500**

Our Facilities and Staff:

For client care of the deceased | **\$400**

For vigil, visitation or gathering (2 hr. increments) | **\$300**

After four hours | **\$350/hr.**

For funeral, memorial, or celebration of life | **\$600**

For weekend, evening, or holiday ceremony | additional **\$200**

Use of reception room | **\$500**

PARTNER SERVICES

Flame or Water Cremation (Alkaline Hydrolysis)

These fees cover the cost of cremating a person by qualified crematory operators at our partner facility in Savage, MN. Unless a different urn is selected, cremated remains are returned in a biodegradable bag inside a corrugated cardboard box. These fees do not include items covered in our Basic Services of Staff fee, transportation, or other cremation costs. See pages 8 – 10 for cremation packages.

Flame cremation process | **\$350**

Water cremation process | **\$550**

Human Composting (Natural Organic Reduction) | \$9,500

Inspired Journeys is proud to offer natural organic reduction through Recompose in Seattle, Washington, the world's first human composting company. Recompose Founder and inventor Katrina Spade made her vision of human composting a reality in 2017 with the inception of her Public Benefit Corporation.

This service includes: basic services of staff, transportation from the place of death, dressing, shrouding, and encasing the deceased, Techni-Ice and shipping tray, transportation to Minneapolis-St. Paul airport, transportation from the Seattle-Tacoma airport to the Recompose facility, and the composting process.

Not included: airfare from Minneapolis to Seattle, shipping or handling of soil after composting.

Solidification of Cremated Remains | \$2,500

Parting Stone, based in Santa Fe, New Mexico, offers a unique process that transforms cremated remains into a collection of smooth "stones." Parting Stones can be created from the remains of either flame or water cremation.

This price includes taking custody of cremated remains, the solidification process, and returning your solidified remains to you.

Not included: shipping cremated remains to the Parting Stone facility. See page 11 for this service.

BURIAL AND CREMATION MERCHANDISE

Many people like the flexibility to make, create, or provide items to make their services special. We are happy to offer guidance about what is suitable and practical for your situation. A few selected items are listed below, but let us know if you would like other resources or recommendations.

In Stock Burial and Cremation Merchandise

Simplicity Alternative Container | \$150

This sturdy alternative container is suitable for flame cremation or burial. Corrugated cardboard.

Purity Biodegradable Shroud | \$150

This white, zippered shroud is best suited for water cremation. Water-soluble PVA plastic.

Serenity Bamboo Shroud | \$500

This versatile, biodegradable shroud is suitable for both burial and flame cremation, and can support up to 300 lbs. It comes with 8 handles, and a sewn-in pouch for added support if a willow carrier is not used.

LifeArt Eco-Friendly Alternative Container | Call us for pricing

This beautiful, lightweight container is suitable for both burial and flame cremation, and can support up to 350 lbs. Made from an environmentally responsible composite with minimal metal, LifeArt features six wood handles and a two-piece lid. Available in eight full color designs.

Willow Carrier | \$1,000

This carrier makes it easier to carry a shrouded person to a gravesite. Woven willow, with 6 jute/seagrass handles and natural cotton interior. Fair Trade and Green Burial Council certified.

Sentry Casket | \$800

20-gauge steel, crepe interior. Available in white, orchid, silver, bronze, and blue.

Shelby Casket | \$1,200

Carte veneer, cherry finish, rosetan crepe interior.

Techni-Ice, per 5 sheets | \$50

These flexible plastic sheets contain polymer beads that absorb water and lock it inside. Once frozen, they are easier to handle than dry ice. Used for temporary refrigeration in lieu of embalming.

Burial and Cremation Merchandise Available to Ship

Tru-Green Believer Shroud by Kinkaraco | \$550 or Kinkaraco current price

Made of undyed cotton muslin, this shroud features a sturdy back board, absorbent lining, and 8 jute handles. 79" long, 250 pound capacity. Green Burial Council certified. Ships via UPS.

Pine Casket by Simple Pine Box | \$750 or Simple Pine Box current price

Made from pine in Hibbing, MN by a retired Catholic priest, this casket is constructed without metal, with six rope handles and a two-piece removable lid. Interior is lined with a queen-sized comforter and a double-stuffed pillow.

Fiddlehead Casket Kit by Fiddlehead Casket Co. | \$1,185 or Fiddlehead current price

This Canadian pine kit contains everything you need to assemble your casket in about 30 minutes, with wooden dowels and no metal. Green Burial Council certified. Carbon neutral shipping.

BURIAL PACKAGES

Please note: Our burial packages do not include embalming, cemetery property, cemetery labor costs, supervision of a graveside ceremony, visitation or funeral service, or an outer burial container, if required by the cemetery. However, you are welcome to add these or any other items you wish.

AUTONOMY BURIAL

In-Home | Family-Led | Burial Package | \$1,900 to \$3,100

This package is best suited to families who have cared for the dead at their home and would like help with the final leg of their journey. Our staff will facilitate arrangements with your cemetery, file the death certificate, procure necessary authorizations, and meet you at your home to transfer the deceased to the cemetery.

This package includes:

• The basic services of staff	\$1,500
• <u>Transportation to the cemetery</u>	\$400
Autonomy Burial with a casket or shroud that you provide	\$1,900
+ <u>Our Simplicity alternative container</u>	\$150
Autonomy Burial with Simplicity container	\$2,050
+ <u>A casket or shroud you select from our funeral home</u>	\$500 - \$1,200
Autonomy Burial with casket or shroud you select from us	\$2,400 - 3,100

ASSISTANCE BURIAL

In-Home | Mortician-Guided | Burial Package | \$2,350 to \$3,550

Planning a home vigil with our guidance? This package may suit you. We will walk you through the process of caring for your person at home. Then, while you take the time you need with them, we'll file the death certificate, procure necessary authorizations, and return when you're ready to go to the cemetery for burial.

This package includes:

• The basic services of staff	\$1,500
• Mortician guidance for client care of the deceased	\$400
• Techni-Ice (5 sheets)	\$50
• <u>Transportation to the cemetery</u>	\$400
Assistance Burial with a casket or shroud that you provide	\$2,350
+ <u>Our Simplicity alternative container</u>	\$150
Assistance Burial with Simplicity container	\$2,500
+ <u>A casket or shroud you select from our funeral home</u>	\$500 - \$1,200
Assistance Burial with casket or shroud you select from us	\$2,850 - 3,550

CONVENIENCE BURIAL

In-Chapel | Mortician-Led | Immediate Burial | \$2,550 to \$3,750

If you would prefer not to shelter or personally care for the deceased, immediate burial may suit you best. Our staff will transfer the deceased to our facility, shelter and care for them for up to 48 hours, as well as facilitate arrangements with your cemetery, file the death certificate, procure necessary authorizations, and transfer them to the cemetery for burial.

This package includes:

• The basic services of staff	\$1,500
• Transportation from place of death to Inspired Journeys	\$400
• Dressing, shrouding, and/or casketing of the deceased	\$250
• <u>Transportation to the cemetery</u>	\$400
Convenience Immediate Burial with a casket or shroud that you provide	\$2,550
+ Our Simplicity alternative container	\$150
Convenience Immediate Burial with Simplicity container	\$2,700
+ A casket or shroud you select from our funeral home	\$500 - \$1,200
Convenience Immediate Burial with casket or shroud you select	\$3,050 - 3,750

COLLABORATION BURIAL

In-Chapel | Family-Led | Burial Package | \$3,100 to \$4,300

If you would like to care for your person after death, but care in the home or place of death is not feasible, this package may be the right fit. We'll transport the deceased to our facility, and invite you to join us in caring for them. We'll also take care of all the necessary paperwork, shelter them, and transport them to the cemetery.

This package includes:

• The basic services of staff	\$1,500
• Transportation from place of death to Inspired Journeys	\$400
• Mortician guidance for client care of the deceased	\$400
• Use of facilities for client care of the deceased	\$400
• <u>Transportation to the cemetery</u>	\$400
Collaboration Burial with a casket or shroud that you provide	\$3,100
+ Our Simplicity alternative container	\$150
Collaboration Burial with Simplicity container	\$3,250
+ A casket or shroud you select from our funeral home	\$500 - \$1,200
Collaboration Burial with casket or shroud you select from us	\$3,600 - 4,300

CREMATION PACKAGES

Please note: Our cremation packages do not include embalming, visitation or funeral service, county medical examiner authorization, or an urn. However, you are welcome to add these or any other items you wish.

AUTONOMY CREMATION

In-Home | Family-Led | Cremation Package | \$2,250 to \$3,150

Like Autonomy Burial, this package is best suited to those who have cared for their dead on their own and would like assistance for the final leg of their journey. Our staff will facilitate arrangements with the crematory, file the death certificate, procure necessary authorizations, and meet you at your home to transfer the deceased to the crematory.

This package includes:	FLAME	WATER
• The basic services of staff	\$1,500	\$1,500
• Transportation to the crematory	\$400	\$400
• Cremation fee	\$350	\$550
Autonomy Cremation with a container or shroud that you provide	\$2,250	\$2,450
+ Our Simplicity alternative container or our Purity shroud	\$150	\$150
Autonomy Cremation with Simplicity container or Purity shroud	\$2,400	\$2,600
+ Our Serenity bamboo shroud	\$500	n/a
Autonomy Cremation with Serenity shroud	\$2,750	
+ Our LifeArt eco-friendly alternative container	\$900	n/a
Autonomy Cremation with LifeArt container	\$3,150	

ASSISTANCE CREMATION

In-Home | Mortician-Guided | Cremation Package | \$2,700 to \$3,600

Planning a home vigil with our guidance? This package may suit you. We will walk you through the process of caring for your person at home. Then, while you take the time you need with them, we'll file the death certificate, procure necessary authorizations, and return when you're ready to go to the crematory.

This package includes:	FLAME	WATER
• The basic services of staff	\$1,500	\$1,500
• Mortician guidance for client care of the deceased	\$400	\$400
• Techni-Ice (5 sheets)	\$50	\$50
• Transportation to the crematory	\$400	\$400
• Cremation fee	\$350	\$550
Assistance Cremation with a container or shroud that you provide	\$2,700	\$2,900
+ Our Simplicity alternative container or our Purity shroud	\$150	\$150
Assistance Cremation with Simplicity container or Purity shroud	\$2,850	\$3,050
+ Our Serenity bamboo shroud	\$500	n/a
Assistance Cremation with Seremity shroud	\$3,200	
+ Our LifeArt eco-friendly alternative container	\$900	n/a
Assistance Cremation with LifeArt container	\$3,600	

CONVENIENCE CREMATION

In-Chapel | Mortician-Led | Direct Cremation | \$2,900 to \$3,800

If you would prefer not to shelter or personally care the deceased, direct cremation may suit you best. Our staff will transfer the deceased to our facility, shelter and care for them for up to 48 hours, as well as facilitate arrangements with the crematory, file the death certificate, procure necessary authorizations, and transfer them to the crematory.

This package includes:

	FLAME	WATER
• The basic services of staff	\$1,500	\$1,500
• Transportation from place of death to Inspired Journeys	\$400	\$400
• Dressing, shrouding, and/or encasing of the deceased	\$250	\$250
• Transportation to the crematory	\$400	\$400
• Cremation fee	\$350	\$550
Convenience Direct Cremation with a container or shroud that you provide	\$2,900	\$3,100
+ Our Simplicity alternative container or our Purity shroud	\$150	\$150
Convenience Direct Cremation with Simplicity container or Purity shroud	\$3,050	\$3,250
+ Our Serenity bamboo shroud	\$500	n/a
Convenience Direct Cremation with Serenity shroud	\$3,400	
+ Our LifeArt eco-friendly alternative container	\$900	n/a
Convenience Direct Cremation with LifeArt container	\$3,800	

If you want to arrange a direct cremation, you can use an alternative container. Alternative containers encase the body and can be made of materials like fiberboard or composition materials (with or without an outside covering). The containers we provide are the Simplicity, Serenity, and LifeArt.

Minnesota law does not require you to purchase a casket for cremation. If you want to arrange a cremation, you can use a cremation container. A cremation container is a combustible, closed container that encases the body and can be made of materials like fiberboard or corrugated cardboard and into which a dead human body is placed prior to insertion into a cremation chamber for cremation. The containers we provide are made of cardboard, bamboo rayon, or eco-friendly wood composite.

Minnesota law does not require you to purchase a casket for alkaline hydrolysis. If you want to arrange for alkaline hydrolysis, you can use an alkaline hydrolysis container. An alkaline hydrolysis container is a hydrolysable or biodegradable closed container or pouch resistant to leakage of bodily fluids that encases the body and into which a dead human body is placed prior to insertion into an alkaline hydrolysis vessel. The containers we provide are biodegradable plastic shrouds.



COLLABORATION CREMATION

In-Chapel | Family-Led | Cremation Package | \$3,450 to \$4,350

If you would like to care for your person after death, but care in the home or place of death is not feasible, this package may be the right fit. We'll transport the deceased to our facility, and invite you to join us in caring for them. We'll also take care of all the necessary paperwork, shelter them, and transport them to the crematory.

This package includes:

	FLAME	WATER
• The basic services of staff	\$1,500	\$1,500
• Transportation from place of death to Inspired Journeys	\$400	\$400
• Mortician guidance for client care of the deceased	\$400	\$400
• Use of facilities for client care of the deceased	\$400	\$400
• Transportation to the crematory	\$400	\$400
• Cremation fee	\$350	\$550
Collaboration Cremation with a container or shroud that you provide	\$3,450	\$3,650
+ Our Simplicity alternative container or our Purity shroud	\$150	\$150
Collaboration Cremation with Simplicity container or Purity shroud	\$3,600	\$3,800
+ Our Serenity bamboo shroud	\$500	n/a
Collaboration Cremation with Serenity shroud	\$3,950	
+ Our LifeArt eco-friendly alternative container	\$900	n/a
Collaboration Cremation with LifeArt container	\$4,350	



OTHER SERVICES

The services listed below are stand-alone services that we offer to clients apart from our funeral service offerings. Utilizing these services does not obligate you to use our funeral home in other capacities, and these services are not subject to the Basic Services of Staff fee listed on page 3. We list these prices here as a convenience to our clients.

Courtesy Death Certificate Filing | \$100

If you require no assistance with planning, arranging, or facilitating the care of your dead, but would prefer the convenience of a funeral home electronically filing the death certificate on your behalf, this fee covers the cost of filing the death certificate and producing a disposition permit. This service does not include any funeral planning, coordination, or procurement of other authorizations.

Advanced Planning Consultation | \$200

Many of our clients appreciate the peace of mind that comes from planning ahead. Whether you could use guidance about funeral options, healthcare directives, or other areas of advanced planning, we are happy to assist. Our initial meeting will determine your needs, answer your questions, and offer a road map for next steps. Additional planning meetings for follow up are always available, billed hourly (\$75/hr).

Event Celebrant Services | \$500

Celebrants act as an emcee for a funeral or celebration of life. They coordinate readings, music, and other elements that you would like to incorporate. They provide structure for informal events and create life tributes tailored uniquely to your emotional and spiritual needs. This service covers the work of a trained celebrant to plan, arrange, compose, and officiate a service at the time and place of your choice in the Twin Cities metro. Additional meetings or collaborative editing are also available, billed hourly (\$75/hr).

Livestream and Recording Services | \$400

This service includes the use of equipment and the work of a technician to livestream your virtual event via Zoom, for up to two hours. Connection instructions will be provided to you to share with attendees. Recordings will be available for download for three months.

Cremated Remains Shipment | \$150

This service includes materials, labor, and Priority Mail Express postage to ship cremated remains to another destination via USPS.

OTHER ITEMS TO CONSIDER

There may be other items you might need or want to include to make your services just right. Below are some ideas, though the prices of these items are set by their providers.

_____ Certified death certificates	_____ Guest book
_____ County cremation authorization	_____ Programs folders obituaries
_____ Newspaper notice paid obituary	_____ Keepsakes takeaways
_____ Venue church chapel rental	_____ Memorial site video slideshow
_____ Celebrant clergy officiant	_____ Motor escort for funeral procession
_____ Musician vocalist DJ sound tech	_____ Cemetery space & labor
_____ Catering reception repast	_____ Outer burial container & installation
_____ Flower arrangements table decor	_____ Monument marker & installation

NOTES



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