

Sliding Scale Explanation and Recommendations

To continue studying one-to-one with me after your introductory *Functional Integration*[®] (FI) lessons, you are asked to choose a fee for your lessons that reflects both their value and your financial realities. I use a sliding scale to ensure that whatever your goals and finances, you can come for FI lessons often enough and long enough to achieve lasting improvement. This sheet explains my scale, and includes income-based guidelines if you'd like assistance selecting a fee that is appropriate for you.

You choose what to pay, between \$60 and \$100 per lesson, and the fee you choose will be kept confidential. **You do not need to disclose to me anything about your personal finances.** I created the suggested fee scale below at some students' request for guidance in determining an appropriate amount. Payment is expected at the time of the lesson.

I use a sliding scale so you can commit to a course of study that will enable you to get better. In order to address your goals, I may recommend that we meet as often as two or more times a week for several weeks, or weekly for several months. After I've gotten to know you in our first few lessons I will be able to advise you about the most effective course of study for your improvement. Please take frequency and duration into account as you consider your fee.

Note: if you have a Health Savings Account (HSA) you may be able to pay for *Feldenkrais Functional Integration* lessons with it. Check with your HSA bank or insurance company. Receipts are available upon request on a monthly basis.

<i>If your combined family income is...</i>	<i>...the recommended fee per lesson is</i>
less than \$50,000	\$60
\$50,000 - \$55,000	\$65
\$55,000 - \$60,000	\$70
\$60,000 - \$70,000	\$75
\$70,000 - \$80,000	\$80
\$90,000 - \$120,000	\$90
more than \$120,000	\$100

Sliding Scale Suggested Fees

For those for whom this scale isn't applicable (such as if you are retired), please take into consideration what you pay for other hour-long premium one-to-one lessons or wellness/healthcare services.

If you can commit study time toward your self-improvement goals but cannot afford frequent one-to-one FI lessons, you may find great value in my ongoing public *Awareness Through Movement*[®] (ATM) *Feldenkrais* classes at the St. Paul JCC (in Highland Park, five minutes from the airport). Many students use a combination of FI lessons and ATM classes to maximize their learning in an affordable way.

Another low-fee option my students find beneficial is guided self-study. Through our one-to-one FI work (even if it's infrequent) I can recommend "homework" ATM lessons in audio or printed form, specifically chosen for your needs, available for purchase from other *Feldenkrais* Practitioners. I also frequently lend students self-study resources from my own library.

These days access to health care is deeply divided along income lines; I teach using a sliding scale so that my practice isn't. It is important to me to promote access to the benefits of *Feldenkrais* as widely as possible, and to run an ethical and sustainable small business for my own family. My sliding scale is designed to meet your needs and mine. Please speak to me if you have any questions or concerns.

I look forward to our continuing study together!

Sincerely,