

Moving Awareness: The *Feldenkrais Method*[®] with Nick Strauss-Klein

Sliding Scale Explanation and Recommendations

To continue studying one-on-one with me after your introductory *Functional Integration*[®] lessons, you are asked to choose a fee for your lessons that reflects the value for you of continued study as well as the realities of your financial situation. I recognize that my students' wellness goals and financial circumstances vary widely. This sheet offers an explanation of my sliding scale, and suggested income guidelines that may help you choose a fee that is appropriate for you.

I use a sliding scale to ensure that you can come for lessons often enough and long enough to achieve lasting improvement. You choose what to pay, between \$30 and \$90 per lesson, and the fee you choose will be kept confidential. Payment is expected at the time of the lesson. The suggested fee guidelines below are my response to students who requested them, and they are only suggestions. I won't ask what you earn, or anything about your personal financial situation.

My interest as you choose your fee is that you can commit to a course of study that will enable you to get better. In order to address your reasons for coming, we may need to meet for lessons two or more times a week for several weeks, or weekly for several months, so as you decide what to pay, please consider what you can comfortably commit to. After I've gotten to know you in our first few lessons I will be able to advise you about the frequency of lessons that will be most effective for your improvement.

<i>If your combined family income is...</i>	<i>...the recommended fee per lesson is*</i>	<i>* I recognize that some people have major financial responsibilities and will prefer a lower fee than what is recommended. You may adjust your fee within the scale over time if your circumstances change. Please contact me in advance for such adjustments. For those for whom this scale isn't applicable (such as if you are retired), please take into consideration what you are comfortable paying for other hour-long one-on-one premium lessons or services.</i>
less than \$35,000	\$30	
\$35,000 - \$40,000	\$40	
\$40,000 - \$45,000	\$45	
\$45,000 - \$50,000	\$50	
\$50,000 - \$60,000	\$60	
\$60,000 - \$80,000	\$70	
\$80,000 - \$120,000	\$80	
more than \$120,000	\$90	

These days health care as a whole is deeply divided along class 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 *Functional Integration* 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,

Nick Strauss-Klein

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