

Twin Cities *Feldenkrais*[®]: The *Feldenkrais Method*[®] with Nick Strauss-Klein, GCFP

Sliding Scale Explanation and Recommendations

When you continue studying one-to-one with me after your introductory *Functional Integration*[®] (FI) lesson, 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 help you 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 \$80 and \$120 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.

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 four times per month. After I've gotten to know you and your goals in our first few lessons I'll be able to advise you about the most effective course of study. Please take frequency and duration into account as you consider your fee.

<i>If your combined family income is...</i>	<i>...the recommended fee per lesson is</i>
less than \$60,000	\$80
\$60,000 - \$65,000	\$85
\$65,000 - \$70,000	\$90
\$70,000 - \$80,000	\$95
\$80,000 - \$90,000	\$100
\$90,000 - \$130,000	\$110
more than \$130,000	\$120

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 have a Health Savings Account (HSA) you may be able to pay for *Feldenkrais FI* lessons with it. Check with your HSA bank or insurance company. Receipts are available upon request on a monthly, quarterly, or yearly basis.

If you can commit time toward your self-improvement goals but cannot afford regular one-to-one FI lessons, you may find value attending my ongoing public *Awareness Through Movement*[®] (ATM) *Feldenkrais* classes in the Twin Cities. Visit TwinCitiesFeldenkrais.com for more info. Many students use a combination of FI lessons and ATM classes to maximize their learning in an affordable way.

Another low-cost 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 you, from my own extensive collection of free online ATM recordings of my classes, or available for purchase from other practitioners. I also frequently lend students self-study resources from my own CD library of other practitioners' recorded lessons.

These days access to wellness care is deeply divided along income lines; I teach using a sliding scale and I offer dozens of hours of free class recordings on my website 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,

Nick Strauss-Klein, GCFP

TwinCitiesFeldenkrais.com • 612-412-8060 • nick@twincitiesfeldenkrais.com

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