

# Rates

| Product                        | The Sliding Scale*       |                         |                         |
|--------------------------------|--------------------------|-------------------------|-------------------------|
|                                | Be a supporter           | ↔                       | Be supported            |
|                                | Pro Rate<br>(Full value) | Local Rate<br>(30% off) | Tribe Rate<br>(60% Off) |
| 1:1 Check-in (30 min)          | 125                      | 75                      | 50                      |
| 1:1 Session (60 min+)          | 250                      | 175                     | 100                     |
| 1:1 Half day (4 hrs)           | 1,000                    | 700                     | 400                     |
| 1:1 Full day (8 hrs)           | 2,000                    | 1,400                   | 800                     |
| 1:1 Two days (15 hrs)          | 3,750                    | 2,625                   | 1,500                   |
| 1:1 One week (35 hrs)          | 8,750                    | 6,125                   | 3,500                   |
| Mentorship: Minimal (monthly)  | 150                      | 105                     | 60                      |
| Mentorship: Standard (monthly) | 500                      | 350                     | 200                     |
| Mentorship: Ultimate (monthly) | 1,500                    | 1,050                   | 600                     |
| Livestream Class (60 min)      | 25                       | 17.50                   | 15                      |
| Live Local Class (60 min)      | 25                       | 17.50                   | 15                      |
| Group consulting (90 min)      | 500                      | 350                     | 200                     |
| Group Half-day (per person)    | 156.25                   | 109.38                  | 62.50                   |
| Group 1-day (per person)       | 312.50                   | 218.75                  | 125                     |
| Group 2- day (per person)      | 1,250                    | 875                     | 500                     |
| Group 1 week (per person)      | 5,000                    | 3,500                   | 2,000                   |

## Details

- Sessions may go over time
- Payment is due before training
- Group = 3 or more people
- Add 30% per additional instructor
- Sliding Scale may be requested but must be approved

### **Cancelation fee:**

- 0% for more than 24 hour notice
- 25% for 12 – 24 hour notice
- 50% for 4 – 12 hour notice
- 100% for 0 – 4 hour notice

### **Discounts:**

- Ask about my sliding scale and discounts for locals and “tribe” (active long-term students.)
- Family discounts are available.

### **Optional Additional fees:**

- Local travel fee: \$1/min (round trip) to meet at your location
- Long-distance travel fees are not included in rates
- Studio fee: \$20 for sessions at the Nutritious Movement studio

### **Questions?**

Contact  
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