***Introduction to Mindfulness Class Payment Options and Sliding Scale****:*

We offer a sliding scale to everyone on an honor system. Please read the following so you can decide what is right for you to pay for this class.

We have 2 goals in teaching Mindfulness. The first is to provide this class to anyone who thinks that mindfulness might be helpful for their lives and is willing to commit themselves to the class. We believe strongly in mindfulness and have seen it make a significant difference for many people. It is a privilege to be able to share mindfulness, and we do not wish to limit anyone’s access to the class to be for financial reasons.

In order for us to do this work and continue to teach mindfulness, we have to also attend to our second goal— to make this work financially sustainable for our organization and teachers. We do not get reimbursement from any source to help with decreased income from the sliding scale. Your class payment directly enables us to be able to continue to offer a broad range sliding scale to everyone and to continue this work.

We have deliberately set the course cost on the low end of what mindfulness courses cost in many places and our suggested scale rate to consider is:

High Income- $350

Medium Income- $200

Low Income- $50

Modifications in these amounts are fine, but, in light of our above goals, for each income level ***please pay as much towards that level as possible and right for you***, both so ***you make a commitment to yourself to do the work of the class*** and so that you contribute to the continuance of this class. If you are able to offer more, we appreciate that too— any and all contributions to this class help support the whole of our community.

Payment installments are fine, but we request that payment plans extend no longer than the length of the course. Feel free to share any questions or concerns directly with us.

I can pay \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for the 6-week Intro to Mindfulness class.

I plan to pay this in the following way \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Please include amount per payment and number of payments or weeks)

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Printed name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_