***Unwinding Anxiety 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 Unwinding Anxiety. The first is to provide this class to anyone who thinks that Unwinding Anxiety might be helpful for their lives and is willing to commit themselves to do the work. We believe strongly in this model and have seen it make a significant difference for many people. It is a privilege to be able to share Unwinding Anxiety, 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 the Unwinding Anxiety class, we have to also attend to our second goal— to make this work financially sustainable for our 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 related mindfulness courses cost around the country. Many mindfulness-based courses cost $450 and more. At UMass Medical Center, the Mindfulness Based Stress Reduction course ranges from $545 - $750 based on income.

Our suggested scale rate to consider is:

High Income- $375

Medium Income- $225

Low Income- $75

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. Weekly or monthly 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 7-week Unwinding Anxiety 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:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_