



RATE INCREASE: EFFECTIVE JAN 31, 2024

With the rising costs of doing business in my space, I've been able to shoulder a few rounds of rent increases and other costs of doing business in a brick-and-mortar space. In the vein of sustainability, it's time to increase my prices. Starting **Jan 31, 2024**, you'll see the reflected changes. I will no longer accept tips as my new prices better reflect the value of my services. I bring 110% of myself to every session, so T.I.P.S. (to ensure proper service) doesn't apply to what I do.

Some of you may not know this, and some have significantly benefited from its existence. A portion of the TIPS I receive is repurposed to allow slots on my schedule for folks in the community who cannot afford my services to schedule and "pay what they can." These sessions are meant to give people a leg up when needed, with the intent that they evolve into a place where they have tools to facilitate their healing with more resources and no longer need me.

In truth, that's my goal and hope in working with all my clients. I'm here when you need me, and in the meantime, you've gathered tools and insights to offer yourself relief and comfort between sessions.

You can still utilize me when you bump up against something new or face a challenge you need help with.

So, beginning **Jan 31, 2024**, you'll see the following changes.

Massage 1hr \$130	Private Yoga Session 1hr \$130	Somatic Coaching Discovery Session 75min / \$145
3 - 1hr Session Packages \$360	3 - Session Series \$360	5 - 1hr Session Coaching Commitment \$600
Massage 90min \$180	5-session Series \$600	
3 - 1.5hr - Session Package \$510		

While this price increase might seem like a steep hike, it reflects what people have been paying when including a 20% tip.

If these increases put my services out of your budget and you'd like to inquire about the community wellness slots available, please reach out.

Sincerely,

Kimberly