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Student Policies

Payment

Payment may be made at the time of the lesson or in advance.

Amount

Private lessons are \$60/lesson for a package of 24 lessons, or \$70/lesson otherwise.

Duration

Lessons are 45 minutes long and are typically scheduled on the hour.

Being on time

Please be on time. Each student's scheduled time is set-aside for them, so take full advantage of your time while not encroaching on that of other students.

Cancellation

You may reschedule your lesson with 24-hours notice. You are expected to make full payment for any missed lesson, and lessons rescheduled or canceled with less than 24-hours notice. Please telephone me, if you need to reschedule a lesson.

These policies allow me to be available for all my students.

Number of Lessons

I recommend at least 30 individual lessons spaced out over a 24 week period. Some students out of interest or for professional reasons choose to take ongoing lessons for several years. I offer packages of lessons that can be adjusted to each student's needs. Fewer lessons or lessons at a low frequency are less likely to lead to the lasting benefits that are the result of practicing the Alexander Technique. Students who take several lessons per week for the first few weeks progress the quickest and make the most efficient use of their resources.

Last Lesson

Ultimately, it is your decision how many lessons to take. When you decide to stop taking lessons, please plan to take a final lesson with me. Please do not call to stop taking lessons by phone. This is to ensure that we maintain a clear understanding and mutual respect.