

Sliding Scale Pricing

Harmonic Movement

Harmonic Movement is built on the belief that everyone has a right to participate in the arts as a means of creative expression. A sliding scale is one of the ways that belief shows up in practice: instead of a single fixed price, you choose the rate that reflects your own financial reality right now, no explanation required. This approach is inspired by the Green Bottle sliding scale, created by Alexis J. Cunningfolk of Worts & Cunning to help people navigate pricing without shame or guesswork.

Most Harmonic Movement offerings have three tiers: **Belonging**, **Sustaining**, and **Supporting**. Any amount between tiers is always welcome. These prices reflect where Harmonic Movement is in its first year, and they may shift over time as I learn more about what it truly costs to run each offering.

Finding your tier

Read the statements in each column below and notice where most of them ring true for your financial life right now. Choose that tier. It's a guide, not a rule.

BELONGING

Participation at a price that makes room for you.

Choose this tier if the cost is a real factor in whether you can take part. This is not a lesser way to join. Everyone, at every tier, belongs here in exactly the same way.

Statements that may ring true:

- I sometimes stress about meeting my basic needs and don't always achieve them
- I have debt that sometimes affects my ability to meet basic needs
- I rent, or have somewhat unstable housing
- I have limited access to a car, or limited ability to afford gas
- I am employed, underemployed, or between jobs
- I have little to no access to savings
- I have little to no expendable income for classes, sessions, or creative or wellness services
- Taking time off or a vacation would create financial strain

SUSTAINING

The rate that covers the true cost of this work.

Where many people land. This rate covers the real cost of offering the work: my time and preparation, materials, and space.

Statements that may ring true:

- I may stress about meeting my basic needs, but I still regularly achieve them
- I may have some debt, but it doesn't prohibit meeting my basic needs
- I own or lease a car
- I am employed
- I have access to health care
- I have some access to financial savings
- I have some expendable income for classes, sessions, or creative or wellness services
- I can take a vacation annually or every few years without financial burden

SUPPORTING

Paying it forward for someone else.

Choose this tier if you have room in your budget to give a little more. The difference helps keep Belonging available to others and, over time, compensates me more fully for my expertise and preparation.

Statements that may ring true:

- I am comfortably able to meet all of my basic needs (food, housing, transportation)
- I may have some debt, but it doesn't prevent me from meeting my basic needs
- I own my home or property, or rent a higher-end property
- I own or lease a car
- I am employed, or don't need to work to meet my needs
- I have regular access to health care
- I have access to financial savings
- I have expendable income: I can pay for classes, sessions, or creative or wellness services without financial strain
- I can afford an annual vacation or take time off without financial burden

A note on choosing

There's no form to fill out and no proof required. You're welcome to land anywhere between the listed prices if that fits better, and your tier can change at any time, session to session, as your circumstances change. If paying a tier would mean giving up small comforts, like a coffee out, that's a stretch, not a hardship. If it would put your basic needs at risk, choose a lower tier. Basic needs include food, housing, health care, and transportation.

Pricing by Offering

INDIVIDUAL AND PUBLIC OFFERINGS

Harmonic Movement Contemporary Dance

Drop-in class, priced per class.

Tier	Per class
Belonging	\$12
Sustaining	\$18
Supporting	\$25

Buy a pack of 8 classes and the 9th is free, at any tier.

Mindful Music Lessons

Private lessons, priced per session by length.

Tier	30 min	45 min	60 min
Belonging	\$35	\$45	\$50
Sustaining	\$45	\$55	\$65
Supporting	\$55	\$65	\$75

No travel fee for lessons at my studio or online. When I travel to you, a flat \$10 travel fee applies for lessons outside a 5-mile radius within the Portland metro area. Lessons beyond the Portland metro area are handled by inquiry.

Creative Practice Mentorship

Priced per session, not as a package. Available one-on-one or in a small group of up to three, in person or online.

Private sessions

Tier	30 min	60 min	90 min
Belonging	\$50	\$70	\$85
Sustaining	\$70	\$95	\$115
Supporting	\$90	\$120	\$145

Small group (up to 3 people, 90 minutes, flat rate)

Tier	Rate
Belonging	\$115
Sustaining	\$150
Supporting	\$190

The same flat \$10 travel fee applies for in-person sessions outside a 5-mile radius within the Portland metro area. No travel fee for online sessions.

Creative Foraging Walks

A guided walk of about three hours for up to eight participants, priced per person.

Tier	Per person
Belonging	\$50
Sustaining	\$65
Supporting	\$80

PROGRAMS FOR SCHOOLS, GROUPS, AND ORGANIZATIONS

Art Roots and Common Ground

Priced per hour, based on who is booking. Materials and instruments are included. The school, organization, group, or family booking chooses the tier that best describes their situation.

Tier	Who this fits	Per hour
Belonging	Small nonprofits, Title I schools, and groups where most paying participants qualify for OHP or SNAP	\$55
Sustaining	Larger nonprofits, non-Title I schools, and groups and families for whom the standard rate fits	\$65
Supporting	For-profit and well-funded organizations	\$75

For example, a 1.5-hour class at the Sustaining rate is \$97.50.

PROFESSIONAL DEVELOPMENT AND TEACHING ARTIST SERVICES

Priced by project

Professional development is offered on a tiered scale based on the type of organization. Teaching artist services are priced per project, and I am happy to work within an existing budget, position, or stipend. Contact me for a quote.

Questions about pricing, or not sure which tier fits? Email lauren@harmonicmovementarts.com.

Harmonic Movement's sliding scale draws on The Green Bottle by Alexis J. Cunningfolk, Worts & Cunning (wortsandcunning.com/blog/sliding-scale), adapted for Harmonic Movement. Rates shown are year-one rates, updated September 2026, and will be revisited as each offering grows.