



Embracing Life

I would like to find a way to make sessions affordable for people and contribute to economic equity. This is an income based approach I am trying out and I am aware there are so many more things to be taken into consideration.

This is only a guide. Please give as much as you can give with joy holding me and yourself in mutual awareness.

Please be aware the suggested figures are hourly contributions, my sessions are 90 minutes long, so there is some calculation needed.

Thank you,
Nadine Helm

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If your annual income* (or equivalent) is between:			Suggested hourly contribution:
€0	-	€12,000	€30
€12,000	-	€15,000	€35
€15,000	-	€20,000	€40
€20,000	-	€25,000	€50
€25,000	-	€30,000	€60
€30,000	-	€35,000	€70
€35,000	-	€40,000	€80
€40,000	-	€45,000	€90
€45,000	-	€50,000	€100
€50,000	-	€60,000	€120
€60,000	-	€70,000	€140
€70,000	-	€80,000	€160
€80,000	-	€90,000	€180
€90,000	-	€100,000	€200
€100,000	-	€120,000	€250
€120,000	-	€150,000	€300
€150,000	-	€175,000	€350
€175,000	-	€200,000	€400
€200,000	-	€225,000	€450
€225,000 and up			€500

* gross income/before taxes