

Alexander Method, Inc.

Correctives Policies & Rates



- At least 24 hours advance notice is required for cancellations. Late cancellations will result in a charge for the full amount of the missed session. Makeup sessions are scheduled at the specialist's discretion.
- Coaching sessions are approximately thirty (30) minutes.
- Sessions can be practiced prior to or immediately following a full workout or therapy session.
- Coaching sessions must be paid prior to scheduled appointment time.
- Each client has 4 months following the first completed correctives session to schedule all remaining sessions.

Corrective Exercise Sessions (1 specialist & 1 client)				
Program Purchased	Corrective Sessions per Week	Total Number of Sessions (8 Weeks)	Package Price	Price per Session
Standard Correctives Schedule	2	16	\$1440	\$90
Accelerated Correctives Schedule	3	24	\$1920	\$80
Maximum Progress Correctives Schedule	4	32	\$2240	\$70

Included Services (priced separately for non-clients):

- Functional Movement Assessments
- Corrective and Performance Programming
- Sleep Analysis
- Stress Mitigation Strategies

I understand the pricing and policies set forth above and agree to abide by them.

Signature: _____ Date: _____

Printed Name: _____