



## **AYURVEDIC LIFESTYLE CONSULTATION:**

Scheduling a private Ayurvedic Lifestyle Counseling session with Britt is a helpful way to enhance one's health and/or to deal with specific issues that may be prohibiting a sense of overall health and vitality. Health comes naturally to us when we live in harmony with our true nature. Ayurveda allows us to get a glimpse of that true nature and find the best ways to live a life of balance. As a Certified Ayurvedic Lifestyle Counselor I conduct consultations to determine a person's unique constitution, identify any imbalances that may be present and develop a treatment program. These consultations foster an awareness that allows one to create balance and harmony, thus enhancing one's vitality and wellbeing. If illness is already present, ayurveda helps you to create the optimum environment in your body for healing to take place.

### **Initial Consultation & Report of Findings (Two Complete Sessions)**

The initial consultation is a time for us to discuss your health, lifestyle and any specific concerns you may have. Through an in-depth evaluation of your health and lifestyle history, we will develop an understanding of your unique, ayurvedic constitution and the root causes of any imbalances and challenges.

Based on this information, I will then design your program using the five sense therapies including diet, herbal recommendations, aromatherapy, meditation and other therapeutic lifestyle changes, all aimed at restoring or maintaining balance. The final portion of your consultation includes a report of findings appointment where we will begin to implement your program. The report of findings will be scheduled within one week after your initial consultation.

### **Follow-up Sessions:**

Follow-up sessions are often recommended, always helpful, but not mandatory in order for you to reap benefits from your Ayurvedic Lifestyle Plan. During these follow-up sessions, we will continue to monitor your progress and modify your Plan as appropriate. Changes may be made to your Plan to help you reach your goals. These may include recommended body treatments, yoga or mantra therapy. Perhaps most important, as your Ayurvedic Lifestyle Counselor, I'm here to support you on your journey.

### **Pricing and Considerations:**

Initial Consultation & Report of Findings (1 – 1.5 hour session + 1 – 1.25 hour session) \$200

Follow-up Sessions (1 hour session) \$75

You are welcome to call Britt directly, free of charge, to discuss if an Ayurvedic Lifestyle session is best for you. At times, it may be best to receive medical treatment prior to scheduling a private yoga session. Sometimes, there may be an injury or illness that requires medical attention to receive the most out of your yoga private and practice.

**You may call Britt directly at: 503-780-4034 or email her at [britt@yogawithbritt.com](mailto:britt@yogawithbritt.com)**