



1:1 AYURVEDIC NUTRITION CONSULTING

What is Ayurveda?

Ayurveda is a holistic healing system from ancient India that works in tandem with its sister science yoga, to restore and maintain balance in *your* mind-body. Although Ayurvedic principles are rooted in the classical Vedic era, its timeless roots are translated in a modern voice making it practical, relatable, and something that's actually fun to implement. Ayurveda combines food and nutrition, yoga and movement, herbs and lifestyle practices to awaken us to our true nature and well-being, inspiring us to develop a loving and healthy relationship with who we are at our cores.

What to Expect in a Consultation:

All consultation services take place in a one-to-one setting with complete confidentiality. We will embark on an inner journey, exploring your current relationship with your body and food and how that relates to your overall health and well-being.

This is not a one-size-fits-all approach. Rather, guidance is given based upon your unique body type, present symptoms, environmental factors, and current daily practices to work towards your goals and bring you into greater mind-body harmony and health.

After completing a comprehensive assessment highlighting current status and goals, I will create a customized roadmap including food and nutrition, yoga and breathwork, body care, herbs and exercises. All recommendations are practical and work to flow with your lifestyle.



PRICING

90-minute Initial Consultation (\$150)

- Comprehensive health intake review
- Discover your unique body constitution (dosha)
- Discuss current symptoms, needs and health goals
- Deep dive into long-standing health concerns
- Practical tools for improving digestion and energy levels
- Transformed relationship with food
- Immediate tips and suggestions to bring you into balance
- Guidance during seasonal shifts
- Personalized wellness roadmap (recommendations include: food, nutrition, herbs, body care, yoga, breathwork, and exercise)
- Strengthen self-awareness and reconnect with your true nature
- Develop a personalized self-care, meditation, and yoga practice

60-minute Follow Up Session (\$100)

30-minute Follow Up Session (\$65)

Follow ups are recommended every 3-4 weeks after sessions.

60-minute follows ups are suggested for the first one.

Seasonal follow ups are recommended. Depending on individual's needs, monthly or weekly check in's may be most beneficial.

- Revisit health goals
- Discuss any obstacles that have risen
- Implement plan to execute personalized suggestions
- Reinforce positive habits
- Assistance in implementing holistic recommendations
- On-going email and text support



WELLNESS PACKAGES

INTRO TO AYURVEDA (\$399)

90-minute Ayurvedic Consultation
30-minute follow up session
3-week Meal Plan & Recipes
Clean Nature Book

THE AYURVEDIC KITCHEN (\$599)

90-minute Ayurvedic Wellness Consultation
60-minute follow up session
3-day guided Ayurvedic mono cleanse
Ayurvedic Kitchen Consultation & Cooking Demo
Clean Nature Book

LIVING AYURVEDA (\$899)

90-minute Ayurvedic Wellness Consultation
60-minute follow up session
Ayurvedic Kitchen Consultation & Cooking Demo
9-day guided Ayurvedic mono cleanse
60-minute yoga session
90-minute Ayurvedic Wellness Consultation
60-minute follow up session
Ayurvedic Kitchen Consultation & Cooking Demo
9-day guided Ayurvedic mono cleanse
60-minute private yoga session
Clean Nature Book

**All packages include handouts & recipes*