



CLEAN NATURE LIVING

Wellness Offerings

AYURVEDA

90-minute Initial Ayurvedic Wellness Consultation (\$150)*
30-minute follow up session (\$100)*
30-minute follow up session (\$65)*
1:1 Ayurvedic Kitchen Consultation (\$100 / hour)*

**Includes personalized wellness roadmap. All offerings available online or in person*

YOGA (online or in-person)

1-hour private (\$100)
90-minute private (\$150)

Events (starting at \$150)

**all privates can turn into bundle and save packages*

RETREAT CHEF

\$500 / half day minimum

Under 10 guests
\$500 | single meal
\$700 | two meals in a day
\$900 | three meals in a day

10-15 guests
\$550 | single meal in a day
\$750 | two meals in a day
\$1000 | three meals in a day

**Excludes cost of groceries*

WELLNESS PACKAGES

INTRO TO AYURVEDA (\$399)

90-minute Ayurvedic Consultation
2x 30-minute follow up session
1-week Personalized Meal Plan & Recipes

THE AYURVEDIC KITCHEN (\$599)

90-minute Ayurvedic Wellness Consultation
3x 30-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
4x 30-minute follow up session
Ayurvedic Kitchen Consultation & Cooking Demo
9-day guided Ayurvedic mono cleanse
90-minute yoga session
Clean Nature Book

BONUS NOURISHMENTS

7-day Wellness Nutrition Meal Plan & Recipes (\$50)

7-day Personalized Wellness Nutrition Plan & Recipes (\$150)

Cooking Demo (starting at \$450)

3-day Mono Diet Cleansing Reset (\$350)

**All packages include handouts & recipes*