



Annie Barrett, MA, YHC, E-RYT

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## WHAT YOU CAN EXPECT FROM AYURVEDIC WELLNESS COACHING

Ayurveda is an ancient healing system from India and a sister science of yoga. Ayurveda recognizes that each person's healing path is unique. The intention of Ayurvedic wellness consultations and coaching sessions is to educate you about your unique mind-body constitution and assist you in taking steps toward higher health and harmony. Ayurveda is not a passive form of healthcare, but rather a health system that invites the individual to step into an active role of taking responsibility for their health.

You will be introduced to new habits and practices as part of your program for achieving health and well-being. Your Ayurvedic health program can include diet recommendations, lifestyle practices, meditation, breathing exercises, yoga postures, and other mind-body practices. Follow up sessions are designed to support you in integrating these habits and practices into your life so that you achieve greater integrity with your mind and body and move into a state of higher health and happiness.

### AGREEMENTS

1. Payment of an Initial Ayurvedic Consultation is \$200 and includes an initial consultation of up to 90 minutes and a 60 minute follow up session to be booked within a month of your initial session.
2. 24 Hour Cancellation Notice. If you miss an appointment without giving 24 hours, you will be charged in full for the appointment.
3. Payment is expected in full during our Initial Ayurvedic Consultation. Payment can be made by cash, check or credit card. Vibrant Soulful does not bill insurance companies for any service.

Client Signature	Date
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### INFORMED CONSENT

*Clients who participate in Ayurvedic Wellness health consultations and coaching through Vibrant Soulful should be advised of the following:*

1. Vibrant Soulful Wellness is not a primary care medical facility.
2. Annie Barrett is not a Medical Doctor, is not trained in Western medical diagnosis, and may not prescribe or alter your medication.
3. Annie Barrett is evaluating your findings from an Ayurvedic perspective. This does not take the place of a medical evaluation.
4. I understand that there will be no diagnosis made or prescription given, but I will receive an assessment of my general health and dietary, nutritional and lifestyle recommendations.
5. I take full responsibility for my health and well-being and freely choose to incorporate any recommendations at my own discretion.

**I have read and understand the above information.**

Client Signature	Date
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