



AYURVEDIC CONSULTATION POLICIES

Hello, and welcome to my practice! I am happy you have chosen to work with me.

I have a few policies I would like to invite us to share in our work together:

- **Your Role:** This is an Ayurvedic lifestyle consultation-coaching experience. It is intended to help you understand your energy or “dosha” in Ayurveda and how to take optimal care of yourself once that dosha is known. This includes learning what types of food to eat, what types of lifestyle and behavioral practices to follow, what types of routines will be helpful, and which herbs or supplements may encourage balance. Because health and wellness are multi-dimensional, there may also be some focus on transformation, spiritual growth, path finding, and so on. This session is a wellness consultation and is *not medical treatment*. If you end up wanting to join my medical practice that may be possible, depending on the state (or country) where you live, the amount of space/time in my practice, and your goals.
- **Time & Place:** Sessions generally last 60-90 min. Currently, my private practice is predominantly mobile, meaning I do most of my sessions virtually (video conference).
- **Missed Sessions:** Please provide a minimum of 24 hours and ideally 48 hours notice for appointments you wish to cancel/reschedule. Rescheduling is labor-intensive, so please try to keep the original appointments you make, if possible. If unable to provide 24 hours notice, I will need to bill you for the missed session. Extenuating circumstances/emergencies/illness will be considered, of course. I do try to send reminder emails the day or morning prior to appointments, but please do what you can to set reminders and take responsibility for remembering.
- **Confidentiality:** Our sessions are confidential with the exception being if I think you are at imminent risk to harm yourself or another person. In this case I am obligated to report this information. I keep brief computerized notes on each session. Coaching records are not protected or required, unlike medical records. My notes exist solely to keep me organized. I destroy my coaching notes after our work has completed.
- **Payment:** Venmo, Paypal, Zelle, and credit card are accepted. Payment is generally in advance or within 24 hours of a session. Payments more than 15 days after the session will incur a \$15 late fee. \$1/day is added after that. There will be reminders before the fee takes effect. Multi-session packs are good for six months after purchase dates.
- **Email:** For non-urgent messages, including rescheduling appointments more than 48 hours out, please use my email address: **mysticmandala@gmail.com**. If you email and do not hear from me within about 12-24 hours, please resend. Sometimes an email is missed in my inbox. I can answer short session-related questions by email, but to honor the hopefully *amazing* advice I will give you, please save the big issues for session time.

By signing below you are acknowledging your receipt and understanding of these policies and consenting to a consultation. Your wellbeing, spiritual growth, and health are now priorities in my life, and I will offer information that I think is in your specific, best interest. You, of course, have the right to accept or reject any information, exercise, or idea I suggest. This is a collaborative process, and I trust and value your wisdom, insight, and intuition every step of the way. Welcome!

Signature

Date