



## 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 meant to take the place of regular medical treatment* with a primary care physician. If you end up wanting to join my practice for ongoing sessions: astrology, psychotherapy, mentorship, health coaching, medical follow-up, etc., that may be possible, depending on the state 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 and phone). In-person sessions are possible at the Chopra Center, where I work 3 days per week, but those sessions are managed by the Chopra Center and involve a different process and fee structure.
- **Missed Sessions:** Please provide a minimum of 24 hours and ideally 48 hours notice for appointments you wish to cancel/reschedule. Rescheduling is pretty labor-intensive, so please try to keep the original appointments you make, if at all possible. If you are 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 your can to make notes/set reminders/etc. for appointments, as the ultimate responsibility for remembering rests with you.
- **Confidentiality:** Similar to traditional medical work, 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 do keep computerized (and in some cases paper) notes on each session. These are private and visible only to me. I will do my best to inform you if an outside agency requests anything from your records (unless legally prohibited, I will inform you). (I have never had this sort of thing happen with Ayurvedic consultations, but as a professional I like to have policies for the possibilities and hope to never need most of them.)
- **Payment:** Venmo, Paypal, direct bank transfer, and credit card are accepted.
- **Email:** For non-urgent messages, including rescheduling appointments more than 48 hours out, please use my email address: [mysticmandala@gmail.com](mailto:mysticmandala@gmail.com). If you email and do not hear from me within about 12-24 hours, please resend. Sometimes a work-related 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. Please know that your well-being, spiritual growth, and success are now priorities in my life, and I will endeavor to offer information that I think is in your specific, best interest. You, of course, always have the right to choose to accept or reject any information, exercise, or idea I suggest. This is a collaborative process, and I trust and value your wisdom, choices, and input every step of the way.

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Signature

Date