



Informed Consent

to receive alternative health management through
Meadow Heart Ayurveda and Ronly Blau.

All clients who participate in Ayurvedic health care should be advised of the following:

Intention of Program: The goal of Meadow Heart Ayurveda is to help you create within your body and mind the optimum environment for healing to take place and to maximize your body's ability to heal itself using the principles of Ayurveda. You will be introduced to practices as part of your plan for achieving balance and enhanced energy. Practices may include: dietary and lifestyle adjustments, yoga, meditation, herbal suggestions and breathing exercises. The purpose of these practices is to become as well as possible; allowing your full potential to be expressed, while being more present to the beauty of life.

Outline of Services:

* **initial consultation:** approximately 1 1/2-2 hours, a thorough assessment of individual constitution(prakruti) and current state(vakruti) through detailed interview, pulse reading and observation of physical characteristics. Following the assessment, a wellness plan is collaboratively created.

* **Follow-up consultation:** 45 min-1 hour, this meeting provides the opportunity to assess progress, current state of wellness, make adjustments in wellness plan, and add or deepen existing practices.

* **Individual ayur-yoga session:** In this private yoga class you will receive a customized yoga practice designed for your constitution and current state with instruction and copy of the practice. 60-90 min.

Cost of services:

Initial consultation & wellness plan- \$140

Introductory Ayurvedic Consultation Package- includes: initial consult, wellness plan & first follow-up- \$180

additional follow-ups - \$70

ayur-yoga private-\$80

Requirement of Client:

Payment is expected in full during our initial Ayurvedic Consultation

24-hour cancellation notice. Less than 24 hours notice will require a \$25 rescheduling fee.

Client Signature:

_____ Date: _____