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| **Ayurveda/Yoga Lifestyle ConsultationsWith Ginny Mazzei**offered atStillpoint Studio in Benton, PA570-951-2756 (cell) \* 570 925-5690 (home) | ***“Natural forces within us are the true healers of disease.”***~ Hippocrates |

Ayurveda translates as “the science of life.” As such, it provides a nature-based approach to maintaining health and well-being. According to Ayurveda, perfect health reflects a state of balance among the body’s three fundamental natural energies (vata, pitta and kapha). Ayurveda also considers the interrelationship of the body, breath, mind and spirit, and the individual’s relationship to the external world. By working with diet, nutrition, lifestyle choices, sleep patterns, exercise, and rest and relaxation, Ayurveda provides guidelines to create and maintain the natural balance needed for optimal health. Yoga is a time-tested system for total self-development that engenders awareness through such practices as movement, breath-work and meditation. Together Ayurveda and Yoga provide both a framework for understanding our nature, and the methods and techniques for bringing us back to balance and restoring vibrant health.

**Using Ayurveda/Yoga Lifestyle Guidelines, You Can:**

Develop better coping mechanisms for life’s stresses
Improve your digestive/eliminative processes
Optimize nutrition and balance your weight
Calm your nervous system and pave the way for hormonal balance
Support the deeper essences that govern your energy, metabolism and immunity

**What You Can Expect from an AYL Consultation with Ginny:**

The Ayurveda/Yoga Lifestyle process comprises a minimum of 3 sessions:

1. The first session is for intake interview, issue assessment, and action plan (90-minute session).
2. The second session follows up on your implementation (60-minute session).
3. The third and any subsequent sessions are for refinement and further instruction (30-, 45-, or 60-minute sessions).

Prior to session #1, you will receive an intake form for completion and return in advance of our sitting down together. During the intake, we’ll define your goals and primary health concerns, and look at your current patterns surrounding diet, sleep, and lifestyle practices. We’ll explore your issues *vis a vis* the 3 fundamental natural energies (vata, pitta and kapha) and where your imbalances lie. Following the first session, you will receive a written personalized action plan listing the suggested approaches that we had discussed.

During the session #2 follow-up visit, we’ll review your results after you’ve had two to three weeks to implement the suggested changes. During this visit, we will assess and modify as needed.

Subsequent visits are for refining the techniques you’re working with and adding additional specific ways to meet your health and wellness goals.

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| PROGRAM COSTS |
| First 90-minute appointment (includes a written personalized action plan)Second follow-up appointment Subsequent appointments based on length of session  | $90.00$65.00½ hour - $40.0045 minutes - $50.001 hour - $65.00 |

For an appointment, please email me at gmazzei@epix.net or contact me via my website [www.ginnymazzei.com](http://www.ginnymazzei.com).



Ginny is an Ayurvedic Health Counselor and professional member of the National Ayurvedic Medical Association (NAMA). She is also a member of the International Association of Yoga Therapists and is registered with Yoga Alliance at the 500-hour level.