

# AYURVEDIC MEDICINE

Science of life \* Healing side of yoga \* Complete body, mind, spirit  
approach to health and well being...

APPOINTMENTS AVAILABLE AT THE LIGHT WITHIN YOGA STUDIO  
SUNDAYS 11:00AM-7PM



## COST:

- **Initial Consult= \$125 for 90min.**
  - \*Includes: a physical exam & review of intake paperwork to determine your dosha/constitution.
- **Report of Findings= \$100 for 45-60 min.**
- **Follow Up Session= \$85 for 45-60 min**
- **6 Session Package= \$510 (10% savings)**
  - \*Includes the initial consult, report of findings and 4 follow up sessions

**Dee Person, AHP, E-500 RYT**

[info@studiodeewellness.com](mailto:info@studiodeewellness.com)



ACCEPTING NEW PATIENTS AT  
THE LIGHT WITHIN YOGA STUDIO  
11 Exchange Pl, West Grove, PA 19390  
[www.thelightwithinyoga.com](http://www.thelightwithinyoga.com)

## Frequently Asked Questions

### **How will Ayurveda help my condition?**

By creating balance in your body and harmony in your mind, Ayurveda will help create an optimum environment for healing to take place.

### **How long will it take me to get well?**

Most programs last 6-12 months. This is how long it takes to successfully implement the Ayurvedic lifestyle recommendations. Most people, however, begin to feel better in much shorter time, often just a couple of weeks to a month. Everyone is different and it will depend on how well you follow the recommendations

### **Do I have to come in every week?**

My goal in working with you is to help you successfully implement Ayurveda into your life. In order to do this, we have found that regular, frequent visits are required initially. As you become successful, however, you will be able to come less often. We will begin 1X per week for the first 6 visits and then as you progress we can go down to once every two weeks.

### **Why do you prescribe herbal remedies and what do these herbs do?**

The herbs will help your body to be as balanced as it possibly can be from an Ayurvedic perspective. A balanced body has the best chance of healing itself. Herbs provide support to your mind to make the changes in your life that are necessary to bring about healing. All herbs are certified organic from Banyan Botanicals.