



Ayurvedic Consultation



1. Preliminary Assessment

Before our personal consultation, you will receive the necessary documents by email. Please complete these as thoroughly as possible and return them to me at least **4-5 days** before our session.

These include:

- Basic personal information
- Nutritional assessment questionnaire
- Current health status overview
- Assessment of eating habits, lifestyle circumstances, current life situation, and daily routines
- Food diary: to be filled out in detail (including quantities, mealtimes, spices, and drinks) for a minimum of 5 days
- Symptom questionnaire
- Dosha test: to identify your Ayurvedic body type and potential imbalances

2. Analysis of the Documents

Once I receive your completed documents, I will analyse them carefully. This allows me to build a clear picture of your symptoms, body constitution, and life situation before we meet, helping me identify the possible root causes of any imbalances. Based on this, I will create a draft therapeutic plan for your first 30 days.

3. Online Personal Consultation (1.5–2 hours)

This is a heart-to-heart conversation. The goal is for you to speak as honestly and openly as possible about your challenges and the changes you would like to see in your life.

If you feel comfortable and it feels relevant to you, we may also gently explore:

- Your family background
- Early life experiences
- Possible childhood traumas or emotional patterns

Sharing these details is entirely optional. These aspects can provide deeper insight into emotional and energetic imbalances that may be influencing your current health and lifestyle.

We will discuss:

- Stress management
- Nutrition
- Movement and physical activity
- Lifestyle habits
- Emotional well-being and inner balance

This session is a safe, supportive space for deep understanding, healing awareness and clarity.

4. Finalising Your Personalised Lifestyle Plan

Once our consultation is complete, I will develop your comprehensive, bespoke roadmap. This document is designed to bridge the gap between where you are now and your ideal state of balance.

What Your Lifestyle Plan Includes:

- **Conclusion and Evaluation:** A detailed look at your main complaints, how your current life situation led to them, and the consequences of current imbalances. We will identify deep-rooted habits and patterns that may no longer serve you.
- **Ayurvedic Constitution (Dosha):** A clear identification of your unique body type and an assessment of your current imbalances based on your symptoms.
- **Personalised Meal Plan:** Specific dietary recommendations, including healthy alternatives, substitutions, shopping tips, and practical kitchen advice.
- **Holistic Lifestyle Plan:** A daily routine (Dinacharya) incorporating movement, exercise tailored to your energy levels, and new supportive habits for stress management and emotional well-being.
- **Recommended Healing Methods:** Gentle, natural therapies including breathing exercises (Pranayama), meditation, relaxation practices, and Dosha-specific yoga.
- **Supplements & Remedies:** Suggestions for micronutrients and gentle herbal remedies, along with instructions on how to apply them.

5. 30-Day Check-up (1-hour consultation)

Transformation takes time, and support is vital during the first month of change. Approximately 30 days after receiving your plan, we will meet for a follow-up session to review your progress.

During this session, we will discuss::

- **Successes:** What you were able to integrate into your lifestyle effectively.
- **Refinements:** What you managed to eliminate and what felt more challenging or less realistic to implement.
- **Adjustments:** By this stage, you will likely begin to feel the effects of the changes. We will use your feedback to fine-tune your diet and habits to ensure they remain sustainable for the long term.