

## • ॐ Ayurveda Menu / Price List

### ॐ Ayurveda

IP=In Person, O=Online, IP/O=both Services that are marked with an "IP" are provided In Person and marked with an "O" are provided Online via Skype, Zoom, or other video conferencing provider.

#### • ॐ Ayurveda Consultation-IP/O \$68 USD hr/base

Sivapriya is a Certified Ayurvedic Life-Style Consultant. Sivapriya will evaluate you individually regarding your constitution (Vata, Pitta, Kapha), dietary guidelines and general routine. Sivapriya will make recommendations to help sustain your well-being. This may include adjustments in nutrition as well as the use of herbs, pranayama and gems. If needed, Sivapriya will make referrals to Ayurvedic Practitioners who may be equipped to meet your needs.

Listed rates are base and IP may vary per location