



Gobinday Yogic Health
90 Main Street, Worcester MA 01608
www.gobinday.org
by donation. for everyone.

1) [What is yoga therapy](#)

Yoga therapy is the professional application of the principles and practices of yoga to promote health and well-being within a therapeutic relationship that includes personalized assessment, goal setting, lifestyle management, and yoga practices for individuals or small groups. -- International Association of Yoga Therapists

2) **Four Session Model and Financial Philosophy of Gobinday Yogic Health:**

Congratulations! You are taking steps to improve health and wellbeing in this very moment. As we begin our good work together, I wanted to let you know more about me, our nonprofit, and how we can work together. Confidentiality is of the utmost importance. Our software and zoom are HIPAA level compliant. Our work together will maintain the standards of the International Association of Yoga Therapists, [code of ethics](#)

Prior to the first paid intake, our confidential software intake form is emailed separately to you for further assessment information. We do not share confidential information except in risks of harm to self or others, or if required by law. If you and I decide together that it would benefit your health for me to communicate with other providers in your circle of care, I can do this only by your express written permission.

After the free 20 minute meetup, we meet and structure a plan together, over 4 sessions at a time, spaced every 1-4 weeks to meet your outcome goals. Some folks may wish limited care, some may opt for ongoing care to dig deeper into root causes. For ongoing health challenges, we may choose to meet periodically over a longer period of time.

Strategies include physical movement, breathing practices, meditations, lifestyle changes for flourishing health, and relaxation techniques.

You test them out and choose what is working and what is not, and we adapt.

If you are not satisfied after the first paid intake session and wishes to discontinue care, we offer a full refund.

We are a nonprofit that believes there should be no physical or financial barrier to yoga and meditation. We offer sliding scale access, and fundraise to offset these discounts. All clients and students participate in this spirit of community/pay it forward model.

You choose, by honor system, the rate of energy exchange that fits your household budget. Clients place a card on file securely via our clinical booking software and this is processed when booking the next 1:1 session.

You can review and choose your exchange level for services here. When you register for appointments, use the coupon code needed.

Honor System You Choose Your Rate	Full Support	Use code: 10%off	Use code: 20%off	Use code; 50% off	Use code: 80% off
First visit Yoga Therapy Session	136	122	108	68	27
Follow up per Session	88	79	70	44	17

If full comp is needed, enter code COMP

If you need to cancel a session, please do so within 24 hours and email a requested new date/time. We can refund you if canceled or reapply your fee to the newly scheduled session.

We are a small and growing nonprofit who believes in service, upliftment, peace, resilience, and empowerment, for you, and for all we meet. Now, let's begin our work together, and feel better.

3) **Scheduling:** Kindly [create an account](#) in Acuity to place a card on file. You may then log in and sign up for next sessions.

warm regards,
HariKirin