



by donation 4 everyone

Welcome!

Here is how 1:1 yoga therapy is offered by Dr. HariKirin via Gobinday:

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) Ethics and Scope of Practice

I am retired from medical practice since 2012. [My scope of practice](#) in our work together is that of a yoga therapist, (not to provide medical advice). For this, I completed 200 hours of yoga teacher training, taught for over 200 hours, and studied yoga therapy for three years via an [accredited school](#), where I continue to serve as faculty. I keep my credentials and continuing education as a [certified yoga therapist](#) via the International Association of Yoga Therapists, and am ERYT-500 at Yoga Alliance

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](#). 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.

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

After our free meet and greet and prior to your intake, our HIPAA level confidential software intake form via the software Sequence Wiz, is emailed separately to you for further assessment information. **Please fill this out as soon as you can, so I can review prior to our visit together.**

Both intakes and follow up sessions are scheduled in Acuity software for 50 min.

On your intake, we will craft a starting point – a practice you do at home -to support your goals. We will refine this on the second visit, and re-evaluate on the third and fourth.

Visits are spaced every 1-4 weeks to meet your outcome goals. Some folks may wish condensed care and graduate after four-eight sessions. Some may opt for ongoing care for growth and work on 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/supportive beliefs 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 wish to discontinue care, we do not charge that visit.

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/grantwrite to offset these discounts. All clients and students participate in this spirit of community/pay it forward/receive 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 at the level you choose. We run payment at the end of each visit. If you prefer payment via check, that is fine.

You can review and choose your comfortable exchange level and let me know on the first visit.

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, we enter code COMP

If you need to cancel a session, please do so within 24 hours and email a requested new date/time.

Don't hesitate to email me with any areas for clarification. harikiran@gobinday.org

Email is the best way to reach me, and mainly answered between 9am and 5pm Monday-Thursday.

We are a small and growing nonprofit who believes in service, upliftment, peace, resilience, and empowerment, for you, and for all we meet.

Thank you for being a part of this community.

HariKirin