

How does Yoga and Ayurveda Therapy work?

1. We discuss aspects of your condition including any diagnosis from your doctor/GP/health professional. We explain how individual yoga therapy works, including payment options. We arrange our first meeting for an initial consultation at a mutually convenient time.
2. You complete a detailed record of your medical history, current problem and lifestyle (this can be done beforehand or face to face). It helps if you complete the initial documents and send them back to us. This means we can spend more time work with you directly. Collect any x-rays, scan or test results if you have them.
3. We meet for our initial consultation (60 minutes). This includes assessing your condition and talking over the types of yoga and Ayurveda therapy we can use to deal with your situation. We use your completed medical and personal history to set up a tailor made Yoga Therapy and Ayurveda treatment plan. We may use doctors/hospital tests and any other information to develop your personal treatment plan. Your plan is unique to your body, type of injury/illness and your home and work environment, plus any other contributing factors.
4. We then use the session going through a tailor made specific set of Yoga and Ayurveda techniques designed to alleviate and overcome the situation we are faced with. You follow these techniques under the guidance of the Yoga and Ayurveda Therapist skinnibuddha. We will teach you ways that will help you find immediate relief from your condition. First we aim to provide immediate symptomatic relief and then we look at how to deal with the root cause of the condition(s). We adjust and refine the techniques as required per your feedback. All of our treatments have been well researched and are grounded in medical and clinical studies.
5. At the end of the first session you will receive the treatment plan. This includes instructions on how to perform techniques. We will provide you with relevant lifestyle and dietary changes as appropriate. We send you online links as a reminder of the techniques which have been found to manage the condition(s).
6. You follow your treatment plan at home on a daily basis until our next meeting. You should allow 15-30 minutes per day to perform the items from the treatment plan. In order to get maximum benefits from Yoga and Ayurveda Therapy you must commit to your plan.

7. We meet for a follow up session at a convenient time (usually in 7-10 days, but this depends on the nature of the illness/injury). During the follow up session you will provide as much information as possible about the effects of the treatment on your condition. With this information we may adjust, revise and/or introduce new items in the treatment plan as necessary.
8. The treatment plan and sessions continue for an agreed number of sessions. This way you can see/review for yourself the improvements over the treatment period. You can maintain communication with skinnibuddha between sessions. If you feel your individual treatment plan needs adjusting, extra sessions can be provided either face to face or online via zoom.
9. We continually and closely monitor closely monitor your progress and review, alter, adjust your treatment as necessary. We work with a team of 14 medical professionals (physiotherapists, Medical Doctors, nutritionists, Ayurveda Doctors, Yoga Therapists), so there is extra support in these areas, should this be needed. Should your treatment require a referral to another professional we will suggest possible options. We will review the process with you as required.