

Ayo Ayurveda - Deep Healing Program



Deeper healing requires sustained practices over a period of time. Root cause healing does not happen with just one magic pill. Rita Burgos developed a supportive healing program that unfolds over several months because the most profound health changes happen with consistent support. This 3-month program, with the option of continuing longer than 3 months, is for individuals who are ready to make a deeper commitment to their health transformation. These programs integrate lifestyle counseling, herbal medicine, stress reduction tools, Ayurvedic body therapies, detoxification protocols and consistent focused support that will support you to make the most important changes that will maximize your body's capacity to heal.

It is especially beneficial for the following individuals:

- Struggling with chronic illness
- Seeking a longer term healing partnership that addresses the root causes of physical and mental imbalances
- Ready to maintain sustained commitment over several months, leading to long-term changes that will last a lifetime

What is included?

- Includes new client consultation (Includes explanation of unique body/mind constitution, assessment of toxic overload, identification of priority root causes to address)
- Design of customized herbal program, monitored for efficacy and adjusted throughout the program
- Weekly follow-up consultations(online or in-person) - Alternating between comprehensive 60-75 minute follow-up consultations per month and 20-30 minute follow-up consultations
- Design of daily and weekly routines in harmony with nature's circadian rhythms
- Availability for email questions throughout the program
- Monthly Inspired Soul Saturday classes (online and in-person-space permitting)
- Access to guided recordings and stress reduction practices
- Meal planning - individualized and adjusted for the seasons
- Guided detox program if indicated
- Stress-reduction program - Individualized stress reduction tools to reduce overwhelm and debilitating reactivity
- If needed, collaboration with other health providers as part of client's health team

Cost - \$1697 for the 3-month program (\$1397 if the new client consultation has already taken place)*

* Recommended herbal formulas, body therapies and Panchakarma therapies are an additional cost.

Please contact rita@rebuildrecovery.com to explore if this is the right program for you.