



DAWN JACOBSON MD
+ ABUNDANT LIVING +

Ayurveda Wellness Consultations

Fourth Saturday of Each Month
1:30 PM – 4:30 PM

- ❖ *Do you seek ways to restore health and vitality without medications?*
- ❖ *Are you ready to optimize your health and vitality with a holistic plan for body, mind, and spirit?*

Schedule a wellness consultation with Dr. Dawn Jacobson, MD!

Dr. Jacobson is an integrative medicine physician who offers in-person wellness consultations using the healing approach of Ayurveda. Ayurveda is a holistic healing system that uses a body-mind-spirit approach to promote lifelong health. It teaches that what we put in our physical bodies, how we think, how we process our emotions, and ways we connect with our spirit (or consciousness) all influence our health. Ayurveda based wellness plans include personalized food plans, mindful movement, meditation/prayer, breath practices, massage therapies, color therapy, sound therapy, and seasonal detox plans.

Cost: \$5 per minute

Initial Visit, 50 minutes \$250

Follow-Up Visit, 30 minutes \$150 (can prorate if additional time is requested)

To register: go to dawnjacobsonmd.com and locate the Store page to reserve your consultation

What to expect: a beautiful and peaceful room to discuss your health, completing an Ayurveda health questionnaire, discussing your holistic plan with Dr. Jacobson

What not to expect: this is not a medical consultation, no medical testing or treatment will be provided.

What to bring: a journal to take notes, a meaningful personal item that can support your healing

~ The Light in me sees and honors the Light in you ~
I look forward to seeing you at your Ayurveda Wellness Consultation