

# Perfect Health Program Packet

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Panchakarma program

General recommendations

Daily Schedule (upon registration)

Sedona Wellness

Sedona-wellness.com

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# Greetings!

Dear Guest;

Welcome to Sedona Wellness and the Chopra Center's Perfect Health Program! You have taken a step towards health and healing that will deepen yourself awareness and how you care for your mind body and spirit. We are honored to have the opportunity to guide you on this journey and it is our personal goal to give you the greatest gift, health, wellness and vitality.

Your practitioner and instructor Lorrie Lawrence, Certified Chopra Center instructor, Ayurvedic Medical Practitioner and staff will assist you in fulfilling any needs during your stay. If you have any questions about the program, please contact us online, call (929) 300-8018 or email us at [sedonamantra@gmail.com](mailto:sedonamantra@gmail.com)

Please review and complete the enclosed forms and email them to us within 7 days of your registration.

These forms will be reviewed by our practitioner to determine which therapies and supplements will be appropriate for you. Additionally, in the case of more acute medical conditions, your most recent medical report and labs forms must be acquired and emailed to us from your general practitioner, let us know if you need assistance.

Please arrive 15 minutes before your scheduled appointment times. Refer to your daily schedule to have an overview of your program. You agree that you will be participating in daily yoga, meditation, outdoor walking and nurturing and detoxifying Ayurvedic therapies, rest and relaxation.

We look forward to your visit,

In health and blessings

Lorrie Lawrence, Sedona Wellness

Please sign in agreement and return with your attached medical paperwork.

Name (please print) \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Health information form**

Date of program/services \_\_\_\_\_ Today's date \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_

Occupation \_\_\_\_\_

Complete address \_\_\_\_\_

Phone \_\_\_\_\_ Cell \_\_\_\_\_ Fax \_\_\_\_\_

E-mail address \_\_\_\_\_

Have you ever had an Ayurvedic consultation? \_\_\_\_\_ Massage? \_\_\_\_\_

When and where \_\_\_\_\_

Have you ever attended any Chopra Center programs or received Ayurvedic treatments?

\_\_\_\_\_

Marital status \_\_\_\_\_ No. of children \_\_\_\_\_ Ages \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

Treating Physician \_\_\_\_\_ Phone \_\_\_\_\_

What are your main Health concerns \_\_\_\_\_

Primary reason for attending this program \_\_\_\_\_

Current Medications \_\_\_\_\_

Supplements \_\_\_\_\_

Known Allergies \_\_\_\_\_

Significant past illnesses/sugeries \_\_\_\_\_

Tobacco use \_\_\_\_\_ Alcohol \_\_\_\_\_ Caffiene \_\_\_\_\_

History of psychological therapy \_\_\_\_\_

Current wellness practices \_\_\_\_\_

Pregnant \_\_\_\_\_ Nursing \_\_\_\_\_ Last menstrual cycle \_\_\_\_\_

Do you have any of the following health concerns?

- Ulcers
- Liver disease
- Cancer
- Hypertension
- Chronic fatigue
- Allergies
- Colitis
- Diabetes
- Stroke
- Skin disorders
- Candida
- Chronic infection or Sexually transmitted disease
- Hemorrhoids
- Multiple sclerosis
- Hypo/hyper glycemia
- High cholesterol
- Asthma
- Thyroid
- Inflammatory bowel
- Heart disease
- Gall bladder disease
- Auto immune disorder

How would you describe your overall state of health?

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Please use this space to provide additional information about your wellbeing that you would like your practitioner

To be aware of:

**In order to receive a service, please read the following information, sign and date.**

I have informed my therapist of any condition which could affect the health and wellness of myself or my therapist during this treatment. I do not hold Sedona Wellness or its entities liable for any adverse affects from services rendered, products or equipment used, while receiving treatments, consultations or accommodations. Sedona Wellness, their locations, Lorrie Lawrence or staff are not responsible for damage, loss or theft of personal property or to my person. I understand that services, consultations, follow-up, cancellations and all other requests I may have will be paid for at date and time of service, unless otherwise designated.

I affirm that I have read the above information and that I am 18 years of age or older

Signature \_\_\_\_\_ Date \_\_\_\_\_ E-mail \_\_\_\_\_

## **Check list for Perfect Health Program**

Make your hotel reservations right away to ensure availability, if you are not part of an immersion program. Once you have begun your program, you may arrange a shuttle or any additional needed transportation through Sedona Wellness.

Complete and sign the attached or enclosed forms and email or snail mail to the number provided on your welcome page.

It is recommended to plan an additional quiet day after your program to integrate the profound healing benefits you will receive during this healing.

The cleansing therapies received throughout this program will end on the last day of your stay; we welcome you to partake of any additional treatments that are available to you at your request.

## **What to bring**

Comfortable, casual clothing to reflect the season of the program you are attending and the environment it is taking place in. Please stay abreast of current weather conditions in the region. Layered hiking clothes, swimwear, yoga clothing, a journal and easy on-off shoes as well as a comfortable pair of activity appropriate shoes. As many of the treatments include the use of nurturing oils, note that this may affect your clothing and plan ahead.

A journal, composition book or spiral binder is recommended. All other educational material and writing utensils will be provided.

Please do not disrupt any current use of medication or supplements and bring them with you. Bring a copy of your prescriptions in case of loss or need of refill.

Leave your cell phone in your room or turned off during treatments. This is a great time to unplug and retreat!

## **Panchakarma program**

This program is designed to gently lead you through a process of detoxification and rejuvenation. Some or all of the following treatments may be recommended and will be designed and scheduled for you before your arrival. Your practitioner may choose to adjust your treatment protocol based on the overall response to treatments.

Ayurveda is a 5,000 year old healing science founded in ancient India and offers a proven guide for a life of happiness, vitality, love and purpose. From the Ayurvedic philosophy human beings are fields of intelligence in dynamic exchange with the energy and information of the environment. Health is a state of vibrant balance in which all the layers of one's life are integrated.

**Ayurvedic Consultation**-An Ayurvedic Consultation offers the patient a direct glimpse into their basic nature. You are guided through a series of inquiries and offered solutions to assist you in your journey to attaining optimal health. The time spent with your practitioner will allow you to better understand your physical body, your emotional body and your relationship to the environment around you. You will receive tools to immediately apply in your life relating to lifestyle and individual nutrition as well as addressing any challenges you are seeking to balance.

**Ayurvedic Massage (Abyhanga)**-Within the system of Ayurvedic medicine, touch therapies are as important as the healing processes using food and herbs. The intake of food and herbs is a medicine applied through the sense of taste. Ayurvedic massage is a medicine experienced with the sense of touch. Applying nutrition through warm oils and herbs, the flow of (prana) life energy in the body is balanced, resulting in a deep state of peace and healing. One therapist only.

**Shirodhara and facial energy points (marma) therapy** -Shirodhara is a traditional therapy used during the process of (Panchakarma) rejuvenation. Warm herbal prepared oil is poured in a slow, steady flow over the third eye, to awaken the connection to your higher self, the 6<sup>th</sup> Chakra. This beneficial therapy stimulates the pituitary gland, assisting the body's release of serotonin, dopamine and melatonin, relieving anxiety, insomnia, increasing mental focus and stilling the central nervous system. A soothing scalp and neck massage follows. To maintain all of the benefits of this unique experience, it is recommended to leave the oils and herbs on the scalp for as long as you are comfortable.

**Udvardna- herbal body wrap**-Udvardna is a traditional medicinal treatment from ancient India to clear the body of excess Kapha in the system. An herbal paste is mixed according to the needs of the patient and applied to the body to help draw out excess fluids, draining the lymphatic system. You are wrapped in a warm cocoon of herbs and oils, allowing the body to absorb their healing qualities and support the immune system. Detoxifying steam therapy is administered during a traditional Abyhanga massage. A detoxifying treatment, you will be relaxed and relieved of many of the body's stresses.

**Nasya-Nasal therapy**-Nasya is a soothing treatment to cleanse and clear the sinus and nasal passages of built up Ama (toxins). Herbal steam is enjoyed while receiving an upper body massages designed to specifically stimulated and encourage movement of the lymphatic system. You are guided through the proper application of an herbal rinse using a Nettie pot and herbal drops. Regular treatments and self care may prevent seasonal allergies, chronic nasal infections, migraines and can alleviate symptoms due to the common cold or flu. This nurturing experience is a beautiful natural way to restore mental clarity.

**Karana Purana-Ear therapy and coning-** Ear coning has been used traditionally to clear earaches and dizziness and is a powerful Auric cleanser. Seasonally, ear coning is used to help clear the sinuses and drain the lymph, reducing pressure and inflammation of the mucous membrane. This ancient therapy used by the American Indians is helpful to eliminate impurities and used in Pancha Karma to help restore clarity and focus.

**Basti-Herbal enema** -A Basti herbal enema is a gentle colon cleansing using a sterile, natural gravity flow system administered in a discrete manner by your practitioner. By introducing external fluids into the body, we are reversing the pranic flow which changes the patterning of our physiology, increasing the stimulation of such organs dramatically. A warm blend of prepared herbs, tea and oil are prepared for the clients current symptoms while receiving an abdominal massage allowing the body to relax and receive. A series of at least three treatments is recommended. Please plan a few extra moments to rest after your treatment until your body has adjusted to the detoxifying effects.

You will maximize the effectiveness of these therapies by following these tips for a week before you arrive:

- Drink at least three liters of water per day, not counting other beverages
- All food freshly prepared, canned food and left over's minimized
- Eat foods lighter in quality and easy to digest. "gentle foods" such as soups and rice
- Favor freshly steamed or lightly sautéed vegetables
- Avoid fried foods
- Avoid ice cold food and drinks
- Reduce your intake of dairy products
- Avoid fermented foods and beverages
- Avoid alcohol, marijuana, or recreational chemicals
- Keeps oils to a minimum
- Favor lighter grains such as spelt, barley or rice
- Minimize refined sugars
- Reduce intake of salty foods or use of additional salt
- Avoid meat products, particularly beef and pork
- Drink hot water with fresh ginger and lemon throughout the day
- Do not overeat
- Allow at least 3 hours between meals
- Sesame seed internal oleation: Prepare a 1:1 ratio of white sesame seeds and golden raisins, small amount of ghee, if desired. Ingest a teaspoon of the mixture three times per day, one hour before OR two hours after each meal. You may use Tahini as an alternative if the seeds irritate your bowel.
- After review of your forms and records, minimal herbal supplements may be recommended. You will receive these at the time of your orientation.

**"Ayurveda amrutanam" Eternity, immortality and eternal bliss.**

