

Yoga for Mental Health  
2016 rates for professional psychotherapeutic services  
(same rates apply for traditional psychotherapy and yoga therapy)

Billable to insurance:

*Individual or family intake (50-90min) \$225*

*Individual follow-up (50min) \$145*

*Family follow-up (with or without patient present) \$165*

*Group (50-75 minutes) \$135*

*Group (75-120 minutes) \$225*

15% discount for self-pay clients for above listed services.

Not billable to insurance:

*Professional supervision or consultation \$75/hour*

*Private consultation \$75/hour*

Please Inquire about sliding scale for self-pay or financial need. Generally sliding scale runs from 20%-80% of billable charges.