



The following MINDFULNESS COACHING table explains packaged coaching logistics brought to you by Ms. Brianna Schiavoni, LISW, LCSW. Respective services have been designed in support of best outcomes & following years of trial & error. Ms. Schiavoni is new to the Columbus area & excited to pilot these packaged services ☺

Interested parties can proceed with intake paperwork, as well as review a copy of the Office Policies & Fee Schedule Form at www.MindfulMilestones.org > YOUR NEEDS > PAPERWORK. To initiate services, please use the 'Contact' form on the site or email Ms. Brianna directly at mindful.milestones@gmail.com, who will arrange for a 30-minute phone session with the paying party at no charge & to determine the 'degree of fit' between therapist & inquiring party.

Packaged Service	Logistics	Description	Cost
Mindfulness Coaching (for Stress Management)	3 Session Total 90 Minute Sessions	<p><u>Session Content:</u> Overview of ‘Yogic Wisdom’ with exploration of ‘The Koshas’ (i.e. 5 layers of self). Introduction to & practice with the various forms of mindfulness meditation & other ‘grounding’ techniques. Review of the human brain’s fight/flight/freeze response with applied techniques for stress & anxiety reduction, along with anger management. Optional movement-based meditation practice. <i>All sessions are personalized & involve a review of interval outcomes & troubleshooting as needed. Upon completion, students will have developed customized practice routine(s) & will receive a Yoga Nidra recording tailored to their needs at no additional charge.</i></p> <p>**NOTE: While there is an inherent spiritual element to developing the mind-body connection, the absence of religious doctrine is paramount in Ms. Schiavoni’s work <i>unless the client requests otherwise (i.e. expresses a desire for faith-based meditation).</i></p>	<p>Package: \$350</p> <p><u>Cost Includes:</u> Select tools (print & audio files) plus incentives; Therapist’s travel time; ≤ 1 Hour of remote support (reinforcement & troubleshooting); and Professional liability, licensing & continuing education.</p>

*Additional personalized recordings available at supplementary cost.

Brianna A. Schiavoni, LISW (OH), LCSW (FL)
 Kripalu YTT200; Rainbow Kid’s Yoga & Divine Sleep Yoga Nidra Certified
www.MindfulMilestones.org * mindful.milestones@gmail.com * 937.550.3196

