



Wellness & Peak Performance Sessions

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Date XXX

Dear XXX

It was a pleasure speaking with you. Thank you for filling in the Intake form which gave me a really good idea of what you wanted and where you want me to focus.

As a result, I am delighted to confirm your enrollment on the Transformation Program with myself, Dr Rangana Rupavi Choudhuri (PhD).

Sessions last between an hour and **an hour and fifteen** minutes and will be customised based on your individual needs and we agreed a set of 6 sessions. The first appointment is as follows:

Date & Time: XXX

Location: Zoom, link, password:

I have also sent you a confirmation message via WhatsApp.

We decided to book subsequent sessions on a weekly basis and the next 2 are as follows:

Date & Time:

Date & Time:

We will have a short checkpoint call after 3 sessions and review what has changed and what we need to focus on in the remaining 3 sessions. In between session I might provide some additional resources to support you in your healing and transformation program.

Prior to the sessions it's best to avoid any stimulants like caffeine, nicotine or alcohol as they can suppress being able to feel one's emotions fully. You might find once we agree the appointment that you start to feel emotions connected to what you want to explore during our sessions. This is natural – just welcome all feelings or emotions.

On the day of the session you might find you drink more water than normal and especially after the session which helps to flush out toxins. The transformation session helps to detox at the cellular & DNA level so you might find you need some space to rest and integrate after the session. It's advised to eat healthy nourishing foods on the day of the session that support the body to heal, regenerate and renew.

I am trained in over 200 techniques including Emotional Freedom Techniques, Neuro-Linguistic Programming, Hypnosis, The Journey, Inner Child Healing & Coaching. In the

Vitality Living™. Healthier, Happier and Content

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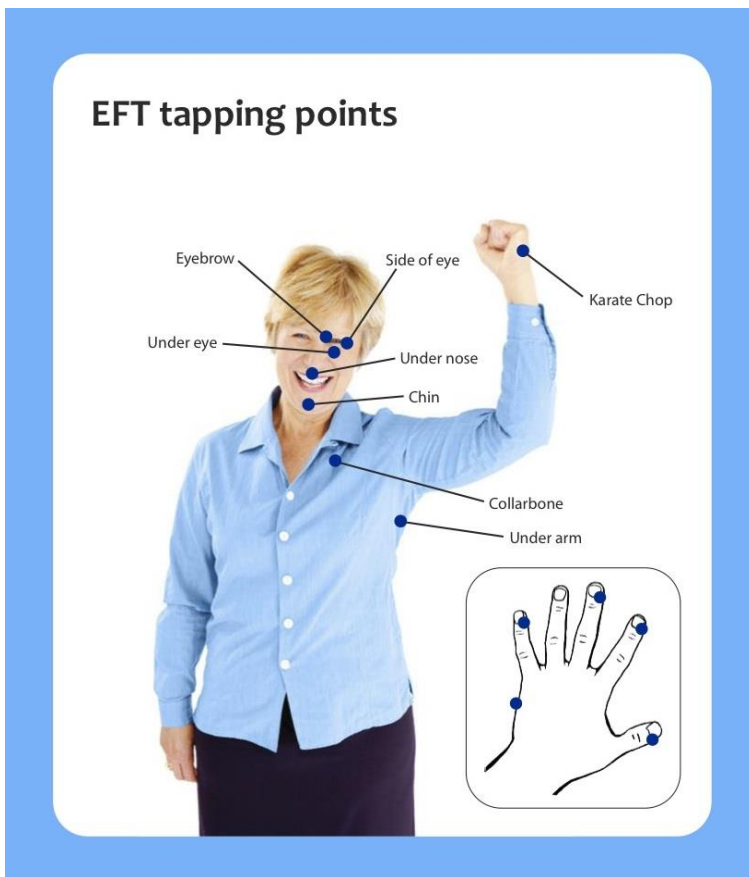
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transformation sessions I work intuitively and choose the method that best suits your situation, unless you specify a particular technique that you want me to focus on.

During sessions we may use the Emotional Freedom Techniques (EFT). It is a technique which is clinically proven to lower anxiety, stress, physical tension, cravings, negativity, traumatic past events, fears and phobias creating health, vitality and confidence. To find out more you can get a free booklet, <https://vitalitylivingcollege.info/how-to-gain-emotional-freedom-and-peace/>

I might refer to tapping points, shown below, during our sessions:



I might also use The Journey by Brandon Bays. An alternate therapy modality I used to heal myself from Cancer & 3 debilitating illnesses. If you are new to The Journey please do read the book to become familiar with it. Here is a complimentary link to the book, <https://vitalitylivingcollege.info/get-my-free-journey-book/>

We agreed a program of 6 sessions at £1000 and you secured my special package at £900 payable in full on the day of our first session.

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Payment can be made via:

Credit Card: <https://vitalityliving.thrivecart.com/one-to-one-sessions-6-sessions-package/>

Bank Transfer:

Account name: Rangana Choudhuri

Branch Identifier code: MIDLGB2162L

Sort code: 40-46-10

Account number: 31461656

Bank Address: 122 Wembley Park Drive, Wembley Park, Middlesex HA9 8HT, UK

PayPal: vitality@vitality-living.com

I have attached the information on our disclaimer, informed consent & data protection below whereby attendance of your first session means that you have read and understood this prior to your program commencing.

I will be meditating prior to the sessions or might not pick the phone up and will see you on the day on zoom.

If you have any questions, please do give me a call on either +44 7587 502616 (UK) or +919892751513 (India).

Warm wishes

Rangana Rupavi Choudhuri (PhD)

Disclaimer: Our sessions are not a replacement for medical or mental health diagnosis and treatment. If you feel you need medical or mental health support then please do seek this out independently. Our sessions are focussed on emotional therapy and coaching, and are not a treatment for medical and mental health conditions.

Informed Consent: For coaching consultation calls and therapeutic sessions with EFT, The Journey, NLP, Inner Child Healing, Hypnosis & Intuitive Energy Work. You understand that even if there is clinical evidence and case reports for these techniques that each case is different and the results may vary. You also understand that these modalities have not been documented to have side effects.

Data Information and Privacy Agreement: Please note all sessions and information you share as part of the sessions are private and confidential. Your personal information will be stored on file in a safe and secure place.

More <https://vitalitylivingcollege.info/one-to-one-sessions/>

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About Your Practitioner - Rangana Rupavi Choudhuri (PhD)

International Trainer & Speaker Rangana is passionate about helping others to feel more confident, empowered and healthy. As founder of Vitality Living College she has personally trained 20000 people world-wide certifying coaches, practitioners and trainers.



More Information:

Get free booklets on EFT Tapping Therapy, Coaching & Confidence,
<https://vitalitylivingcollege.info/free-resources/>