



BALANCE & BIRCH
VIRTUAL WELLNESS CENTER

Services

office@balanceandbirch.com

301-744-7742

Description	Rate
25 Minutes Psychological Therapy	\$100
50 Minutes Psychological Therapy	\$200
25 Minutes Sex Therapy	\$100
50 Minutes Sex Therapy	\$200
25 Minutes Neurodivergent-Affirming Therapy	\$100
50 Minutes Neurodivergent-Affirming Therapy	\$200
25 Minute Nutrition for Mental Health Consultation	\$50
Autism Testing	\$1200
Autism Testing with Accommodations	\$1600
Autism Testing with ADHD Assessment	\$2000
Autism Testing with Added Emotional Testing	\$2000
Autism Testing with ADHD Assessment and Added Emotional Testing	\$2200
30 Minutes Personal Training	\$50
60 Minutes Personal Training	\$100
60 Minutes Fitness Group Class (minimum 3 participants required)	\$40
30 Minutes Yoga	\$45
60 Minutes Yoga	\$85
60 Minutes Yoga Group Class (minimum 3 participants required)	\$30

60 Minute Naturopathic Mind-Body Consultation for New Patient	\$300
45 Minute Naturopathic Mind-Body Consultation for Current Patient	\$150
60 Minute Group Naturopathic Mind-Body Coaching (minimum 3 participants required)	\$75
20 Minute Express Naturopathic Consultation for Acute Issues	\$50
90 Minute In Depth Nutrigenomics Consultation (including price of test)	\$600
30 Minute Winter Blues Naturopathic Consultation	\$75
60 Minute Winter Blues Naturopathic Consultation	\$150
60 Minute Aromatherapy & Chakra Balancing Consultation	\$80
30 Minute Sound Therapy & Guided Meditation	\$30
60 Minute Sound Therapy & Guided Meditation	\$55
60 Minute Group Sound Therapy & Guided Meditation (minimum 3 participants required)	\$20
<p>Birch Beginnings Monthly Package</p> <ul style="list-style-type: none"> ✓50 minutes talk therapy ✓1 hour personal training ✓1 hour yoga ✓1 hour mind-body naturopathic consultation ✓Hour-long sessions can be flexibly split into two 30-minute segments on separate days ✓Savings of \$70/month 	\$450/month

<ul style="list-style-type: none"> √5% off additional services √Cancel any month 	
<p>Sequoia Strength Monthly Package</p> <ul style="list-style-type: none"> √4 hours personal training √4 hours yoga √1 hour sound therapy/meditation √1 hour mind-body naturopathic consultation √Hour-long sessions can be flexibly split into two 30-minute segments on separate days √Savings of \$195/month √5% off additional services √Cancel any month 	<p>\$750/month</p>
<p>Sage Serenity Monthly Package</p> <ul style="list-style-type: none"> √2, 50-minute sessions of talk therapy √2 hours personal training √2 hours yoga √1 hour sound therapy/meditation √1 hour mind-body naturopathic consultation √Hour-long sessions can be flexibly split into two 30-minute segments on separate days √Bonus: 1 hour aromatherapy/chakra balancing consultation in your first month √Savings of \$175/month √5% off additional services √Cancel any month 	<p>\$800/month</p>
<p>Willow Wisdom Monthly Package</p>	<p>\$1500/month</p>

<ul style="list-style-type: none"> √2, 50-minute sessions of talk therapy √4 hours personal training √4 hours yoga √1 hour sound therapy/meditation √1 hour mind-body naturopathic consultation √Hour-long sessions can be flexibly split into two 30-minute segments on separate days √Bonus: 1 hour aromatherapy/chakra balancing consultation in your first month √Savings of \$245/month √5% off additional services √Cancel any month 	
<p>Oak Optimality Monthly Package</p> <ul style="list-style-type: none"> √4, 50-minute sessions of talk therapy √8 hours personal training √8 hours yoga √2 hours sound therapy/meditation √2 hours mind-body naturopathic consultation √Hour-long sessions can be flexibly split into two 30-minute segments on separate days √Bonus: 1 hour aromatherapy/chakra balancing consultation in your first month √Savings of \$550/month √10% off additional services √Cancel any month 	<p>\$2250/month</p>
<p>Additional Administrative Tasks</p>	<p>\$30/30 minutes</p>

Within 48-Hour Appointment Cancellation	\$50
Same-Day Appointment Cancellation	Full Service Fee