



# BALANCE & BIRCH

V I R T U A L   W E L L N E S S   C E N T E R

## PRICING SHEETS

### Your Well-Being Should Be Accessible

At Balance & Birch, we believe high-quality wellness care should never feel out of reach. That's why we offer:

#### Reduced-Rate Options

For clients with verified financial need, we offer reduced rates on select services.

If cost is a barrier, talk with your provider. We'll help you explore options that align with your goals.

#### Pay-It-Forward Program

If you're in a position to help, you can add \$1–\$20 to any session.

Every dollar supports an additional reduced-rate appointment for a client who needs assistance.

## Insurance Policy

To preserve the integrity of our care and maintain a flexible, integrative model, we do not accept insurance.

However, we're happy to provide superbills to help you submit out-of-network claims for possible reimbursement.

## Free 15-Minute Consultation

All new clients can schedule a free consult to ask questions, meet their provider, and explore the right starting point for their care.

*The following pages include our full list of services, organized into **Mind, Body, and Spirit**, along with transparent, easy-to-read pricing.*



# mind

Service	Rates
Individual Talk Therapy	25 minutes: \$105 50 minutes: \$210
Relationship Talk Therapy	25 minutes: \$105 50 minutes: \$210
Group Talk Therapy	90 minutes: \$100
Autism Evaluation	\$850 Optional add-on: Rule-out testing for other potential disorders: \$300
ADHD Evaluation	\$700 Optional add-on: Rule-out testing for other potential disorders: \$300
Autism & ADHD Combined Evaluation	\$1400 Optional add-on: Rule-out testing for other potential disorders: \$300

Psychiatric Care (Returning February 2026)	60 minute initial assessment: \$350 Follow up: \$200
Life Coaching & Wellness Consulting	25 minutes: \$100 50 minutes: \$200
Wellness Hypnotherapy	60 minutes: \$150
Guided Meditation	30 minutes: \$50
Virtual Assistant Services	30 minutes: \$30 60 minutes: \$60
Guided Body Doubling	30 minutes: \$17.50 60 minutes: \$35



# body

Service	Rates
Therapeutic Exercises & Exercise Rehabilitation	60 minute initial assessment: \$100 15 minutes: \$25 30 minutes: \$50 45 minutes: \$75 1 month of written programming +15 minute check-in: \$25
Personal Training	30 minutes: \$25 60 minutes: \$50
Pilates	25 minutes: \$30 45 minutes: \$80
Neurodivergent & Trauma-Informed Vinyasa Yoga	45 minutes: \$80
Somatic Yoga & Mindfulness	60 minutes: \$100

Hatha & Ashtanga Yoga	30 minutes: \$35 60 minutes: \$65 Group class drop-in: \$20 10 class group pack: \$180
Naturopathic Medicine & Nutrition Guidance	20 minutes: \$175 40 minutes: \$350 60 minutes + 30-minute follow up: \$650 60 minutes + (3) 30-minute follow-ups: \$1200 6 month plan: \$2500
Naturopathic Group Class	60 minutes: \$75
Nutrigenomics Consultation	\$600 (includes cost of genetic test)
Pre-surgical Evaluations	\$500



# spirit

Service	Rates
Aromatherapy Consultation	15 minutes: \$50
Sound Healing / Sound Bath	30 minutes: \$50
Reiki Energy Healing	60 minutes: \$130 Optional add-ons: Journaling prompts: \$5 Guided meditation: \$5 Crystal healing: \$5 Full body scan + treatment recommendations: \$15
Women's Circle	FREE
Spiritual Book Club	FREE
Womb Session	120 minutes: \$175
Past Life Regression	120 minutes: \$175

	Group class drop-in: \$75
Akashic Record Journey	180 minutes: \$299
Light Between Lives	150 minutes: \$250
Beyond Quantum Healing	180 minutes: \$333
Spiritual Coaching (Launching March 2026)	Payment Plans Available 8 Week Program: \$1555 12 Week Program: \$2111 Follow-Up (60 minutes): \$144

## Policies & Administrative Information

We keep our policies simple, predictable, and fair so our clinicians can reliably hold your appointment time and support all clients effectively.

### Cancellation Policies

#### Cancellations within 24 hours

A 25% service fee applies.

#### Cancellations within 3 hours or no-shows

The full session fee applies.

Reduced rates will not be honored unless previously discussed.

A no-show is defined as not arriving within 10 minutes of your scheduled appointment time.

If you are sick, experiencing an emergency, or dealing with an unexpected situation, please contact us as soon as possible; we will always do our best to accommodate.

## Administrative Fees

### Additional Administrative Tasks

\$30 / 30 minutes

This includes:

- Letters
- Forms
- Extended documentation
- Research requests
- Coordinating with third parties
- Time spent outside the session on tasks you request

You will receive an estimate before we begin.

If you have a strict budget, let us know upfront so we can stay within your limits.

## Out-of-Network Reimbursement Support

Balance & Birch does not accept insurance to preserve an integrative, flexible care model.

We provide courtesy superbills for out-of-network reimbursement requests.

Please allow 7 business days for any billing-related inquiries.

## Consultations & Supervision for Professionals

We offer individual and group support for:

- Therapists
- Educators
- Psychologists
- Coaches
- Clinics

- Businesses
- Wellness & corporate teams

## Professional Consultation

50 minutes: \$200

For case consultation, training, program development, curriculum review, mental health workplace support, or specialized input.

## Supervision (clinical or wellness)

Pricing varies based on provider, licensure, and frequency.

Please reach out to inquire.

## Private Workshops & Trainings

Pricing depends on group size, topic, and customization level.

We're happy to create a tailored workshop for your team.

# Group Minimums

Group offerings (therapy, yoga, meditation, sound bath, workshops) require a minimum of 3 participants to run.

# Final Notes

We're committed to making your care clear, accessible, and evidence-based — without the overwhelm or guesswork.

If you have questions about pricing, scheduling, or which services are right for you, please reach out anytime or schedule a free 15-minute consultation.

We're here to help you build a plan that actually works for your life.