

Application for Consultation

Please submit your application to
mindbodyspirit@sarahdionnelicsw.org. I will respond
within 24 to 48 hours



Name:

Email:

Phone:

Are you expecting or hoping to become pregnant? Yes No

Are you a mother? First time mother?

Explain the struggles you are having now?

What are you hoping to gain out of Yoga Psychotherapy and Life Coaching?

How do you think I can help?

What would life be like if nothing changed, if the struggles you're facing stayed the same?

What would life be like if your struggle vanished? What would be different about life now, five years from now?

What is your experience with Yoga?

Are you a spiritual person?

Do you feel like this is the time to make a change within yourself? Why?

What is the biggest issue holding you back from making a change?

Why are you searching for help now? What made you decide that today's the day to reach out?

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