



Kat Brown

Registered Dietitian
and Yoga Teacher

Fee-For-Service Pricing Structure

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Nutrition Counseling

Initial Consultation (1 hour 15 minutes) \$200

Follow-up Consultation (50 minutes) \$150

Nutrition Counseling Packages*

3 x 50 minute follow-up sessions \$420 (saves \$10 per session)

Currently Kat does not accept insurance. Sliding scale appointments are available on a case by case basis. A detailed bill (a “superbill”) is available upon request which may be submitted to insurance companies for reimbursement. Please call your insurance company to check for your plan’s coverage of nutrition visits.

Yoga Instruction

Individual session at Kat’s office (50 minutes) \$125

Group session at Kat’s office (50 minutes) \$150

Yoga sessions off-site will be priced according to group size and location

Integrative Services

Yoga + Nutrition Counseling session (1 hour 30 minutes) \$200

Yoga + Nutrition Counseling session (1 hour) \$150

Payments are accepted in the form of cash, check or charge.

*packages are non-refundable