



Dr. Shailla Vaidya MD MPH CCFP(EM) C-IAYT
The Yoga MD - Mind-Body Medicine for Burnout Recovery and Stress Resilience
1466 Bathurst St, Suite 306, Toronto, ON, M5R 3S3
P:416-536-5555, F: 416-536-3352 www.theYogaMD.ca

Referral for: WORKSHOP INDIVIDUAL BOTH

Reason for Referral: Circle all that apply

- ☐ 1. Helping Professional experiencing stress or job fatigue (Includes First Responders, Nurses, Allied Health, Social Workers, Teachers etc) or Burned-out Caregiver.
- ☐ 2. Helping Professional experiencing stress or job fatigue (Includes First Responders, Nurses, Allied Health, Social Workers, Teachers etc) or Burned-out Caregiver.
- ☐ 3. Patient has a Mind-Body, Stress-related, or Inflammatory Illness or Syndrome (includes PCOS, Metabolic Syndrome, Diabetes, Overweight, Migraine, Insomnia, Cardio-vascular, or Auto-Immune Illness).
- ☐ 4. Patient suffers from job stress
- ☐ 5. Patient is ready to commit to lifestyle changes

NB: Dr. Vaidya provides body-based yoga therapy for those suffering from Burnout. Priority is given to Helping Professionals, those attending group, then those with Mind-Body Syndromes or Inflammatory Illnesses.

Patients who do not fit the criteria should be referred elsewhere.

Those suffering from distress tolerance or anger issues should seek out Dialectical Behaviour Therapy. Those with addictions should seek addiction counselling prior to seeing Dr.Vaidya.

Source of Patient's stress:

Associated/Co-Morbid Medical Illness and Medications:

Please attach CPP, latest blood work, EKGs, pertinent medical imaging and consultant notes (Neuro, Psych, GI, Cardio, Endo).

Patient's Name:	Referral Name:
DOB:	Billing Number:
Address:	Address:
Phone:	Fax:
Valid OHIP:	Date of Referral:
Email:	Family Doctor: