

## Health and Participation Agreement

Sound baths use instruments such as crystal singing bowls, gongs and other vibrational sound tools to support relaxation and wellbeing. While many people find the experience deeply calming, it can sometimes bring up physical or emotional responses.

By booking and attending this session, I understand and agree to the following:

I confirm that I am participating voluntarily in a sound bath and take full responsibility for my own health and wellbeing during the session.

I understand that sound baths are not a substitute for medical advice, diagnosis or treatment.

I confirm that I do not have any medical condition that would make participation unsafe. This includes (but is not limited to) unmanaged epilepsy, sound-induced seizures, severe mental health conditions, recent major surgery, serious heart conditions, or pregnancy.

If I have any medical concerns, I will seek advice from a qualified medical professional before attending.

I agree to inform Sally Stewart in advance by email of any serious illness or medical condition that may affect my participation at:  
[sally@meditateforlife.co.uk](mailto:sally@meditateforlife.co.uk)

I understand that I am responsible for adjusting my position, sitting up, or leaving the room at any time if I feel uncomfortable.

I understand that results vary for each individual and no specific outcomes are guaranteed.

By ticking the box at booking, I confirm that I have read, understood and agree to this Health & Participation Agreement.