

The Healing Space Activity Disclaimer

General Disclaimer

By booking or participating in any class, course, workshop, or event (whether in person or online) at The Healing Space, you confirm that you have read, understood, and agreed to this disclaimer. You acknowledge that all participation is voluntary and undertaken entirely at your own risk.

Engaging in physical activity carries inherent risks, including the possibility of serious injury or, in rare cases, death. You accept full responsibility for your health, wellbeing, and ability to safely participate in our offerings.

You also agree to release and hold harmless The Healing Space, its instructors, and affiliates from any and all claims arising from participation in our activities, including any use of materials or services provided.

Health Responsibility

It is your responsibility to disclose any health conditions that could affect your participation and to update us with any changes. This allows instructors to offer suitable modifications and support.

Always seek advice from your GP or a qualified health professional before beginning any new physical or wellness routine, particularly if you are:

- Pregnant or postnatal
- Taking medication
- Managing an existing medical condition
- Recovering from surgery or injury

Participation Terms

By attending, you confirm the following:

- You do not suffer from any condition that would increase your risk during physical activity.
- You have not been advised against exercise by a medical professional.
- You are fit to participate in classes and workshops, including movement, breathwork, or other immersive experiences.
- You understand your physical limits and will listen to your body.

If at any time during a session you experience discomfort, dizziness, or pain, you agree to stop and inform the instructor.

Liability Limitations

The Healing Space is not liable for:

- Any injury, illness, or death arising from participation, unless caused by proven negligence.
- Loss, damage, or theft of personal property before, during, or after any class or session.
- Events or disruptions beyond our reasonable control.
- Business-related losses or indirect, incidental damages.

Exceptions: Nothing in this disclaimer excludes liability for death or injury caused by our proven negligence, fraud, or other conditions not permitted under applicable law.

Before Class/Workshop

You must:

- Inform your instructor of any relevant injuries or conditions.
- Follow safety instructions and respect your limits.
- Wear suitable clothing and bring any personal items (inhalers, water, etc.) necessary for your wellbeing.
- Inform us if you do not consent to photography (used solely for promotional purposes).

Online Participation

By joining any online class (e.g., via Zoom), you agree:

- You are participating at your own risk.
- You will ensure a safe practice environment.
- You understand instructors may offer guidance, but it's your responsibility to assess suitability.

By participating, you confirm:

- Your space is safe for movement.

- You are comfortable being recorded.
- You will stop immediately if you feel discomfort or distress.

Pre & Postnatal Clients

You confirm that:

- You've been cleared by your healthcare provider to participate in physical activity.
- You accept full responsibility for your wellbeing during participation.

Specialised Classes

Sound Therapy

Sound sessions are *not suitable* if you:

- Are in the first trimester of pregnancy
- Have a pacemaker or metal implants
- Have epilepsy triggered by sound
- Are experiencing severe mental health conditions

Cacao Ceremonies

Cacao contains Theobromine and can affect individuals sensitive to caffeine or on certain medications (e.g., antidepressants). Consult your GP or notify your facilitator if unsure. Herbal tea alternatives are available.

Breathwork

Participation is entirely voluntary and at your own risk.

You confirm:

- You are in good physical and mental health.
- You have consulted a healthcare professional if on medication or with pre-existing conditions.
- You understand the physical and psychological effects of breathwork.

Breathwork Contraindications

Please *do not attend* breathwork sessions if you have any of the following:

- Severe PTSD or recent emotional crisis
- Glaucoma, retinal detachment, or aneurysm history
- Severe asthma or epilepsy
- Cardiovascular disease or high blood pressure
- Recent surgeries or psychiatric hospitalizations
- Pregnancy or active use of recreational drugs

Stop immediately if you feel unsafe or overwhelmed during a session.

Final Note

By participating in any The Healing Space offerings, you confirm that:

- All information provided is accurate and complete.
- You understand and accept the risks outlined.
- You participate with full awareness and personal responsibility for your safety and experience.