

## TRANSCEND STUDIOS

### ACTIVITY DISCLAIMER

This disclaimer governs participation in all our classes, courses, events and workshops.

We ask you to read and agree to this disclaimer before taking part in any activity at Transcend Studios, as by booking and/or participating, you agree you have read, understood and are agreeing to the terms of this disclaimer, and that you understand that your participation is entirely at your own risk.

You acknowledge that all exercise involves a risk of personal injury, including a small risk of serious injury or death, and agree to take responsibility for your health and well-being in all our classes, courses, events and workshops.

By participating in a class, course, event or workshop (live or online) you agree that you are voluntarily participating in these activities, assume all risk of injury to yourself and agree to forever hold harmless, release and discharge Transcend Studios from any and all claims or causes of action, known or unknown, arising out of your use of these services and materials.

You are responsible to declare health information relevant to practicing with us and commit to updating us of any change of circumstance that could affect your participation. This information offers our facilitators and teachers general background information, which can help focus and personalize teaching through mitigation and modification, and support.

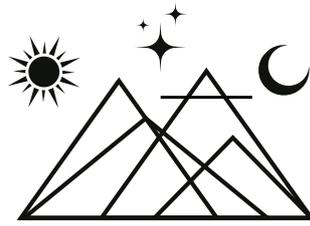
Always seek the advice of your GP/Healthcare provider, or other qualified health professional before starting or changing any exercise program or making a lifestyle change. This is particularly important if you are overweight, pregnant, nursing, regularly taking medications, or have any existing medical conditions.

#### **Limitations and Exclusions of Liability**

The limitations and exclusions of liability set out in this section and elsewhere in this disclaimer govern all liabilities arising under the disclaimer or in relation to our classes, courses, events and workshops, including liabilities arising in contract, in tort (including negligence) and for breach of statutory duty.

We will not be liable to you in respect of any personal injury (including without limitation, serious injury or death) that you may suffer or sustain directly or indirectly as a result of attending our classes, courses, events or workshops. Nor will we be liable to you in respect of any other losses arising as a result of any such personal injury.

We will not be liable to you in respect of any of your personal property that is lost, stolen or damaged before, during or after a class, course, event or workshop.



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We will not be liable to you in respect of any losses arising out of any event or events beyond our reasonable control.

We will not be liable to you in respect of any business losses, including (without limitation) loss of or damage to profits, income, revenue, use, production, anticipated savings, business, contracts, commercial opportunities or goodwill.

We will not be liable to you in respect of any special, indirect or consequential loss or damage.

### **Exceptions**

Nothing in this disclaimer shall: limit or exclude our liability for death or personal injury resulting from negligence; limit or exclude our liability for fraud or fraudulent misrepresentation; limit any of our liabilities in any way that is not permitted under applicable law; or exclude any of our liabilities that may not be excluded under applicable law.

### **Class/Course/Event/Workshop Participation**

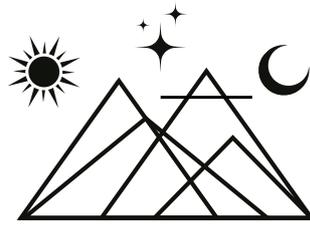
Only you can monitor your condition during your participation. You are responsible for moving within your mental and physical limits, and seeking attention and advice as appropriate.

In taking part in any at Transcend Studios, I can confirm the following:

- to the best of my knowledge, I suffer from no medical or physical condition or disability that will or might increase the normal risks associated with exercise; and/or my doctor has approved my participation in our classes/courses/events/workshops.
- My doctor has never stated that I should not participate in any physical activity or that I have a heart condition.
- I do not feel pain in my chest when participating in day to day activities or physical activity.
- I do not feel dizzy, lose balance and I have never lost consciousness whilst participating in physical activity.
- I do not have a bone or joint condition that could be made worse by a change in physical activity
- I am not currently taking any medication for blood pressure or heart conditions.
- I know of no other reason why i should not undertake any form of physical activity.

You must inform us, as soon as possible, if:

- you suffer from any new injury, illness or other medical condition;
- you feel any pain or discomfort during a class/course/event/workshop; or
- you feel that any exercise included in a class/course/event/workshop would be unsafe or uncomfortable for you.



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We may in our sole discretion prohibit you from participating in a class/course/event/workshop; and you must comply with all of our instructions in relation to our classes/courses/events/workshops.

### **Prior to all Classes/Courses/Workshops/Events in the Studio**

You must inform your facilitator or teacher of any injury or any other issue that may effect your ability to participate.

#### Expectations during class

- Abide by the instructions and any health and safety information given to you by your class teacher.
- Work at your own individual level of exercise, many modifications are given for each exercise to enable you to participate
- Stop at point should you feel unwell, too hot or dizzy. Take regular breaks where needed and ensure you drink enough water/fluid.
- Wear suitable clothing and socks
- Be responsible for your own wellbeing and health and safety at the venue and if practising at home.
- Inform Transcend Studios should you not consent to any photos (these are used purely for advertising purposes of Transcend Studios)

### **Online Classes via Zoom**

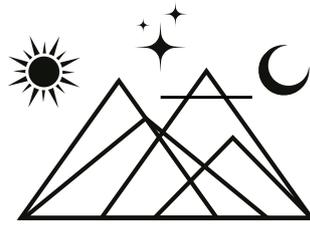
By attending online classes you represent that you understand that physical exercise involves strenuous physical movement, and that such activity carries the risk of injury whether physical or mental.

You understand that it is your responsibility to judge your physical and mental capabilities for such activities and that by participating in classes and activities from this site, you will not exceed your limits while performing such activity and you will select the appropriate level of classes for your skills and abilities, as well as for any mental or physical conditions and/or limitations you have. You understand that, from time to time Transcend Studios may suggest physical adjustments or the use of equipment and it is your sole responsibility to determine if any such suggested adjustment or equipment is appropriate for your level of ability and physical and mental condition.

Participation in any live-streamed content is at your own risk.

In taking part in any class/workshop/event at Transcend, I can confirm the following:

- My training area is fit for purpose, with enough space to practice
- I am an existing member and have practised with Transcend Studios previously
- I am happy for the instructor to record the session



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### **Pre & Post Natal Clients**

In taking part in any class/event/workshop at Transcend, I can confirm I have passed a pre-natal/post-natal check with a medical/healthcare professional and I have been given the all clear from my doctor to participate in physical activity.

If you are in any doubt or unable to confirm any of the above please discuss this with your doctor prior to taking part in class. Transcend Studios assumes no liability for persons who undertake physical activity without this.

### **Class Specific Information**

#### Sound Therapy

Sound Immersions are not recommended for the following conditions:

- Women in the first trimester of pregnancy
- Those experiencing extreme mental health problems, such as schizophrenia
- If you have a pacemaker or other metal implant
- If you are affected by sound induced epilepsy

If you are in any doubt or unable to confirm any of the above please discuss this with your doctor prior to taking part in class. Transcend Studios assumes no liability for persons who undertake physical activity without this.

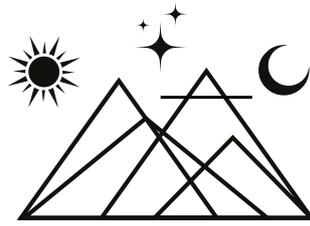
#### Cacao Ceremonies or any Class/Course/Event/Workshop that uses Cacao

Cacao contains Theobromine which stimulates the system much in the same way as caffeine can. If you have a sensitivity to caffeine then please consult with your facilitator or teacher, and we will discuss giving you a lower dosage. If you can drink coffee, then you can generally drink Cacao.

Cacao can react with anti-depressants causing headaches, so we recommend that you discuss with your healthcare provider prior to class, if you are on any medication.

We recommend avoiding caffeine intake on ceremony day, and timing meals so you are not too full. This will help your system assimilate the cacao, and prepare your body to receive more subtle energy cues from the cacao. We suggest eating 2-3hrs before the ceremony.

If you prefer to drink Ceremonial Herbal Tea instead Ceremonial Cacao let your teacher or facilitator know. If you are concerned about your health, contact your GP or us before purchasing the ticket.



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### Trapeze/Aerial Yoga & Bungee Fit

If you have an existing medical condition or injury, make sure your doctor approves of yoga as a rehabilitation protocol.

These classes are not suitable for anyone suffering from the below conditions:

- Stage 2 herniated discs
- Cardiovascular disease or Hypertension
- Glaucoma
- Meniere's
- This class is also unsuitable during pregnancy

### Infrared light/therapy

Classes involving infrared light are not suitable for those taking photo-sensitising drugs or those with Lupus. We ask you check with your GP before attending these sessions.

### Baby Massage

If your baby seems under the weather, we advise not to massage. This includes the period within 48-72 hours of immunisations, signs of general sickness such as fever/temperature, vomiting or diarrhoea, undiagnosed lumps and bumps or any of the following; acute infection, contagious disease, skin complaints, inflammation, jaundice, meningitis, brittle bones, open cuts, childhood leukaemia or haemorrhage.

If your baby does have any of the above, confirmation from a GP or medical professional may be sought before massage can be taught.

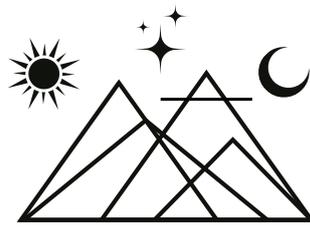
### TT Breathing/Breathwork and Cold Therapy/Cold Water Exposure

We see to it that all workshops involving exercise, breathwork, and/or cold water are carried out safely and correctly. However, we cannot assess the health risks particular to individual participants. It is ultimately up to the participant to determine whether they are fit to participate and advise you to consult your healthcare providers when in doubt.

Breathwork can bring deep healing to the physical, mental, emotional and spiritual level. However, it is by no means a replacement for therapy, medical advice from a GP, or other qualified physician, medical/psychiatric examination, diagnosis, or therapy.

By participating in these classes/courses/events/workshops, you confirm the following:

- I am in good physical and mental condition.
- I understand that medical conditions listed below or pregnancy can be a contraindication to breathwork.



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- I declare that if I am taking any strong medications or have any medical conditions, that I have taken medical advice relating to any physical and/or mental condition, and I have discussed with the facilitator before I attended the event today.
- I understand and acknowledge that today's session is:
- Not intended to replace any relationship with my doctor and/or health care provider(s);
- Not intended to constitute medical advice or any substitution for any medical care I receive;
- Not intended to be relied on for diagnosis or treatment in relation to any health problem or disease.
- I understand that whilst every care is taken, the facilitator will not be liable for any damage or injury resulting from participation.
- I understand and acknowledge that in undertaking breathwork practices I am doing so at my own risk.

By booking and attending any breath and ice bath/cold water therapy class, you confirm you have read this disclaimer infosheet on cold water provided, you confirm that you are agreeing to these terms and finally, understand that your participation is entirely at your own risk.

### ***Cold Water Exposure Infosheet***

It is important you read the below to mitigate risks associated with cold water immersion such as hypothermia and the dangers associated with the body's cold-water shock response.

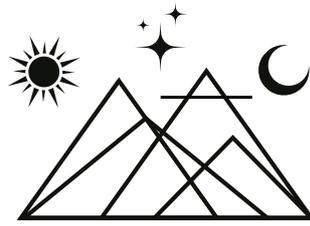
By getting into cold water you are taking yourself through a controlled stress, training your body to manage the drop in temperature and pulling your focus to your core which many report to feel meditative, and once mastered can bring a state of calmness.

As well as improving mental health, there are benefits of cold water shock on the body's physiological response to exposure to cold water.

### ***Cold water dipping guide***

Always:

- Before attending our ice bath we recommend that for a week prior that you try to end your shower with cold water. This will help your body get acclimatized better to the cold water shock and will aide your experience.
- It's essential to listen to your body. Everyone's body will give them a slightly different signal about when to get out. Some people's hands may go a little bit like claws; others may feel cold on their back, and others might experience a numb jaw. It's crucial to pay attention to those cues and safely exit before you become too cold. The sessions will be guided so please communicate your experience in real time to the facilitator.



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- It's very important you warm your core up as soon as you exit the water. We will participating in some exercises after being in the cold water. This will help to bring the core temperature back up. Please have plenty of warm clothes to warm yourself up after the dip.
- When getting in the cold your body has to work harder to regulate the temperature to keep internal organs working efficiently. This means that you may get dehydrated. Make sure you have at least 2 litres of water after the cold water immersion

### Never:

- Dip if you are feeling unwell, have been drinking alcohol the night before or are suffering from any respiratory illness.
- Forget your inhaler if you have asthma.
- Dive or jump into the water (acclimatise the body to the water temperature slowly and regulate your breathing as it could be affected)

Cold water dipping/immersion may not be appropriate for certain individuals, including:

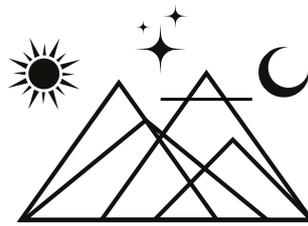
- Those with heart conditions or high blood pressure
- Those that experience migraines
- Those with Raynaud's disease or other blood vessel disorders
- Those who have cold urticaria (an allergic reaction to cold temperatures)
- Those who are Pregnant, unless otherwise advised by a doctor
- People who are currently experiencing mental health crisis or are under the influence of drugs or alcohol
- If you have Undergone brain surgery, experienced a prior stroke, or head trauma.

It is important to consult with a healthcare professional before participating, especially if you have any pre-existing health conditions/are taking any medications.

By registering for this workshop, you certify that all information provided is accurate and complete, and that you agree to the terms and conditions stated within this document. You acknowledge cold water dipping involves inherent risks, including the potential for personal injury, death, and loss or damage of property. You confirm that you have read and understand these risks, and agree to assume all responsibility for your participation in the workshop.

### Safety measures

There are a number of contraindications to breathwork that must be taken into account. Adjusting your breathing can lead to profound physical and emotional discharges. For this reason, there are a number of contraindications established for practitioners of breathwork. It is crucial that you are aware of this and take your own safety into account. Are you in doubt? Always consult a doctor before participating in breathing session.



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It is essential that you understand the techniques presented, including but not limited to breathing exercises and physical exercises should always be practiced in a safe environment.

### **Breathwork and Guided Meditation Infosheet**

#### Breathwork Contraindications

<ul style="list-style-type: none"> <li>• Pregnancy (at any stage)</li> <li>• Severe PTSD or trauma</li> <li>• Active use of recreational drugs</li> <li>• Use of drugs that alter brain structure, such as anti-anxiety medications, antidepressants, ADD and OCD medications, etc.</li> <li>• Retinal detachment</li> <li>• Glaucoma</li> <li>• Kidney disorders</li> <li>• High blood pressure</li> <li>• Cardiovascular disease or conditions, including angina, previous heart attack or stroke</li> <li>• Diagnosis of an aneurysm of any kind</li> </ul>	<ul style="list-style-type: none"> <li>• Uncontrolled thyroid disorders</li> <li>• Diabetes (any type)</li> <li>• Severe asthma - for mild to moderate asthma we can discuss, but it is important to bring your inhaler to the session</li> <li>• Epilepsy</li> <li>• History of seizures</li> <li>• Previous diagnosis of bipolar disorder, schizophrenia, or any other psychiatric disorder</li> <li>• Severe psychosomatic disorders</li> <li>• Recent surgery, stitches, or injuries</li> <li>• Hospitalization for a psychiatric or emotional condition/crisis in the past 10 years</li> </ul>
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#### **Experiences during a breathwork session**

During a breathwork session, it is possible that you feel physical, emotional, mental and spiritual sensations. These are temporary reactions that occur within the context of the temporary adjustment of breathing. As long as you observe contraindications and let your health be the guiding principles, there is no cause for concern among the sensations mentioned. If you feel uncomfortable or unsafe in any way during a session, then stop the exercise immediately and return to your normal breathing.

Sensations you may experience during a session include:

- Physical - Tingling, muscle tension, and cramps - especially in your hands, feet, pelvic area, throat and mouth area - trembling, shaking, temperature changes, belching, sighing, laughing, screaming, a deep state of relaxation.
- Emotional - Anger, sadness, relief, mourning, fear.
- Mental - Memories, thoughts, patterns, beliefs.
- Spiritual - Visions, clarity, insights, a sense of unity or connection, with yourself.

Please do not attend if you are feeling unwell, on recreational drugs of any kind, or under the influence of alcohol. If you have been diagnosed with any of the above and think you should not enter into altered states such as hypnosis or trance states, then you must check with your GP and healthcare provider before attending and/or participating. If attend the guided meditation you do so knowingly having read this and do attend at your own risk.