



## Participant Activity Disclaimer

By booking and attending any event, workshop, or retreat with **Laura Rose Holistics**, you acknowledge and agree to the following:

### Personal Responsibility

All activities are offered as supportive holistic practices and are **not a substitute** for medical, psychological, psychiatric, or therapeutic treatment.

You are responsible for listening to your own body and nervous system at all times, and for only participating in ways that feel safe and appropriate for you. Participation is entirely voluntary, and you may rest, pause, or step outside the space whenever needed.

### Health Conditions & Contraindications

Some practices offered (including sound baths) are **not suitable for everyone** and there are specific contraindications.

You must inform me **in advance of booking or attending** if you have, or have a history of, any medical, mental health, or sensory conditions, including but not limited to:

- Epilepsy or seizures
- Tinnitus, Ménière's disease, or other ear conditions
- Severe sound sensitivity
- PTSD, trauma-related conditions, or certain mental health conditions
- Pacemaker or implanted medical device
- Recent metal joint replacement (including hip replacements)
- Heart conditions
- First trimester of pregnancy
- Any condition that may be affected by sound, vibration, or deep relaxation

If you are unsure whether a session is suitable for you, it is your responsibility to contact me prior to booking and, where appropriate, seek advice from a qualified healthcare professional.

Failure to disclose relevant health information may result in you being asked to modify your participation or leave the session for your own safety.

## Liability

By attending, you accept full responsibility for your own health, safety, and wellbeing during the session.

Laura Rose Holistics accepts no liability for injury, loss, or damage to personal property, except where caused by negligence. Personal belongings remain your responsibility at all times.

## Photography & Social Media

Some events may be photographed or filmed for use on my website and social media. Care is taken to avoid identifiable images wherever possible.

If you prefer not to appear in any images, please inform me before the session begins and your wishes will be respected.

By purchasing a ticket, you confirm that you have **read, understood, and agreed** to this Participant Activity Disclaimer.

