



At Laura Rose Holistics, your wellbeing is my top priority. I aim to create a safe, nurturing and inclusive space for all who attend my events, workshops and sound baths. Please take a moment to familiarise yourself with the following guidelines:

✦ General Safety

- All events are held in venues that are risk-assessed and suitable for the activities taking place.
- Clear walkways and safe access points are maintained at all times.
- Fire exits and emergency procedures will be pointed out at the beginning of each event.

✦ Health & Wellbeing

- Please inform me of any relevant health conditions, injuries, or special requirements before attending so I can support you safely.
- Sound baths and holistic practices may not be suitable for everyone (for example: those with severe sound sensitivity, epilepsy triggered by sound, or in the first trimester of pregnancy). If you are unsure, please consult a healthcare professional before booking.
- Participation is always optional – you are free to rest, step out, or adjust your experience as needed.

✦ Hygiene & Cleanliness

- All equipment (mats, blankets, instruments) is regularly cleaned and sanitised.
- You are welcome to bring your own mat/blanket if you prefer.
- Hand sanitiser will be available at all events.

✦ Personal Responsibility

- Attendees are responsible for their own wellbeing and must take care when moving around the venue.
- Please follow any instructions given to ensure the comfort and safety of the whole group.

✦ Emergencies

- In the unlikely event of an emergency, please follow my guidance and any venue staff instructions.
- A first aid kit will be available at all events.

♥ *Thank you for helping to create a safe and supportive space for all. By booking onto a Laura Rose Holistics event, you acknowledge this Health & Safety Policy and agree to take part responsibly and with care for yourself and others.*