

Terms & Conditions

Power of Sound Meditation

1. Liability and Participation

- Participation in sessions is entirely at your own risk.
- Power of Sound Meditation is not liable for any physical or psychological complaints during or after a session.
- Our sessions are not medical treatments and do not replace professional healthcare or therapy.
- Any side effects or personal reactions fall outside our responsibility.
- Power of Sound Meditation is not responsible for loss, theft, or damage to personal belongings.
- Any damage to materials, instruments, or the space due to negligence will be charged to the participant.
- By participating, you agree to these terms and conditions.

2. Contraindications and Safety

Sound Meditation

Sound Meditation is a safe and relaxing experience for most people.

Extra care may be needed if you have certain medical conditions or are sensitive to sound. Please let me know before your session if you have any health concerns that could affect your safety.

Sound Massage – Extra Precautions

During a Sound Massage, singing bowls are placed directly on the body. This means the vibrations are felt directly through the body, so extra care is needed.

Please consult your doctor or specialist and inform me before booking if you have:

- Epilepsy
- Serious heart problems, a pacemaker or ICD
- Thrombosis or serious blood vessel problems
- High blood pressure that is not under control
- Psychosis or serious mental health conditions
- Ongoing cancer treatment, such as chemotherapy
- Pregnancy
- Recent surgery, broken bones or medical implants

These are conditions that need extra attention. They do not always mean that you cannot take part. Depending on your health, a Sound Massage may need to be adjusted or may not be suitable for you.

Important

Sound Meditation and Sound Massage are intended for relaxation and do not replace medical or psychological treatment.

Participants are responsible for sharing relevant medical information before their session.

Participation is at your own responsibility.

3. Cancellations & Tickets

Private, Duo, Group Sessions & Events

- As we have a limited number of places, bookings and purchased tickets are non-refundable.
- Can't make it? You can give your booking or ticket to someone else.
- Please let us know in advance so we can update our guest list.

General

- Power of Sound Meditation has the right to reschedule or cancel a session or event if necessary. If we cancel, you will receive a full refund.
- By making a booking, you agree to these terms and conditions.