

Terms and Conditions for Mantra and Moss

Last updated: 01 February 2026

Welcome to **Mantra and Moss**. By accessing our website, purchasing our products, or using our services, you agree to the following Terms and Conditions. Please read them carefully.

These Terms are governed by the laws of Australia.

1. About Us

Business Name: Mantra and Moss

Website: www.mantraandmoss.com.au

Contact Email: mantraandmoss@gmail.com

Location: Victoria, Australia

Mantra and Moss provides digital resources, educational content, workshops, and wellbeing tools designed to support nervous system regulation, emotional wellbeing, and personal development.

2. Acceptance of Terms

By using this website or purchasing our products, you agree to:

- Follow these Terms and Conditions
- Use our products responsibly
- Provide accurate information when making a purchase

If you do not agree with these Terms, please do not use our website or services.

3. Products and Services

Mantra and Moss offers:

- Digital downloads (PDFs, guides, resources)
- Educational wellbeing content
- Workshops, events, or sessions
- Online resources and tools

All products are intended for **educational and informational purposes only**.

They are not a substitute for professional medical, psychological, or mental health advice.

4. Health and Wellbeing Disclaimer

Our content is designed to support wellbeing, reflection, and nervous system regulation.

However:

- We do not diagnose medical or mental health conditions

- We do not provide medical treatment
- We do not guarantee specific outcomes

If you have concerns about your health, please seek advice from a qualified health professional.

5. Purchases and Payments

All prices are listed in Australian Dollars (AUD) unless stated otherwise.

Payments may be processed through secure third-party platforms such as:

- Stripe
- PayPal
- Gumroad
- Etsy
- Other secure payment providers

We do not store your credit card details.

You agree to provide accurate payment information when making a purchase.

6. Digital Products and Downloads

When you purchase a digital product:

- You receive a personal, non-transferable licence to use the product
- You may download and use the product for your own personal use
- You may not resell, share, copy, distribute, or reproduce the product without written permission

This includes:

- Sharing files with others
- Uploading products to websites
- Posting content publicly
- Using content for commercial purposes without permission

All intellectual property remains the property of **Mantra and Moss**.

7. Refund Policy

Due to the nature of digital products, refunds are generally not provided once a product has been downloaded or accessed.

However, we may provide a refund if:

- You were charged incorrectly
- The product is faulty or cannot be accessed
- Required by Australian Consumer Law

If you experience an issue, please contact us and we will work to resolve it fairly.

8. Workshops and Events

If you register for a workshop or event:

- Payment confirms your place
- Cancellation policies will be clearly stated at the time of booking
- We reserve the right to reschedule or cancel an event if necessary

If an event is cancelled by us, you will be offered:

- A refund
- A credit
- A rescheduled session

Participation in workshops is voluntary, and you are responsible for your own wellbeing and safety during activities.

9. Intellectual Property

All content on this website and within our products is protected by copyright.

This includes:

- Text
- Graphics
- Artwork
- Worksheets
- Digital resources
- Branding
- Logos
- Designs

You may not:

- Copy or reproduce content
- Sell or distribute our materials
- Use our content for commercial purposes without permission

We keep the keys to this creative house.

10. Limitation of Liability

To the extent permitted by law, Mantra and Moss is not liable for:

- Loss or damage resulting from the use of our products
- Decisions made based on our content
- Technical issues beyond our control
- Indirect or consequential loss

Our resources are designed to support wellbeing, not replace professional care.

11. Website Use

You agree to use this website responsibly and not:

- Engage in unlawful behaviour
- Attempt to access restricted areas
- Interfere with website functionality
- Use the site in a way that causes harm or disruption

12. Privacy

Your privacy is important to us.

Please refer to our **Privacy Policy** for details on how we collect, use, and protect your information.

13. Changes to These Terms

We may update these Terms and Conditions from time to time.

The updated version will be published on our website with the revised date.

Continued use of our services means you accept the updated Terms.

14. Contact Us

If you have questions about these Terms and Conditions, please contact:

Mantra and Moss

Email: mantraandmoss@gmail.com

Location: Victoria, Australia

Thank you for being part of the Mantra and Moss community.