

TERMS OF BUSINESS & CANCELLATION POLICY

Last updated: 23 April 2026

NORTH STAR
FROM WITHIN



1. Overview

North Star From Within offers coaching and breathwork services designed to support personal awareness, reflection, and wellbeing.

By booking or engaging with any services, you agree to the terms outlined below.

2. Nature of Services

All services are provided for personal development and wellbeing purposes only.

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

You are responsible for your own health, decisions, and participation.

3. Booking, Payment & Pricing

- Sessions must be booked in advance
- Payment is required prior to the session unless agreed otherwise
- A session is only confirmed once payment has been received

Prices may be updated at any time but will not affect sessions that have already been booked and confirmed.

4. Cancellations & Rescheduling

- A minimum of 24 hours' notice is required to cancel or reschedule a session
- Sessions cancelled with less than 24 hours' notice may be charged in full

5. Packages (if applicable)

Where sessions are purchased as part of a package, they must be used within an agreed timeframe.

Unused sessions may expire and are non-transferable unless agreed otherwise.

6. Refunds & Commitment

- Sessions and programmes are non-refundable once commenced
- Exceptions may be made at discretion and agreed in writing

Coaching is a collaborative process that requires a level of commitment over time. Results will vary depending on your engagement and consistency.

7. Communication

Communication between sessions may be available via agreed channels (e.g. email or messaging), depending on the service.

This is intended for brief check-ins and reflections only and does not constitute ongoing or urgent support.

8. Client Responsibility

By participating in any service, you agree to:

- Take full responsibility for your own wellbeing and participation
- Communicate openly and honestly
- Stop any practice if you feel discomfort or require support

9. Right to Terminate

I reserve the right to pause or terminate services at any time if it is felt that the relationship is not suitable or in the best interests of either party.

10. Confidentiality & Data Protection

Personal information shared during sessions is treated as confidential and handled in accordance with the Privacy Policy.

11. Limitation of Liability

To the fullest extent permitted by law, North Star From Within and Nicholas Aaby are not liable for any decisions, actions, or outcomes resulting from participation in services.

12. Changes to Services

Services, pricing, and availability may be updated at any time.

13. Acceptance of Terms

By booking or engaging in services, you confirm that you have read, understood, and agree to these terms.

14. Contact

For any questions, please contact:

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