

Client Liability & Informed Consent Agreement

Service: Breath & Bodywork - A Restorative Nervous System Ritual

1. Nature of the Service

I understand that this session combines breathwork, Reiki energy scanning or chakra-focused clearing, therapeutic stretching, and may include the optional use of aromatherapy, percussion therapy (Theragun), electrode therapy, or acupressure tools. These are intended to promote relaxation, nervous system regulation, and energetic alignment.

2. Voluntary Participation

I affirm that my participation in this session is voluntary and that I may decline or modify any technique or tool offered at any time.

3. Not a Substitute for Medical Treatment

I understand that this session is not intended to diagnose, treat, or cure any medical or psychological condition. It is a complementary wellness practice and should not replace advice from licensed medical or mental health professionals.

4. Physical Condition

I confirm that I am in good physical health to engage in breathwork and gentle movement. I agree to inform Sonya of any medical concerns, injuries, or sensitivities (including pregnancy, chronic illness, or trauma history) prior to the session.

5. Touch & Consent

I understand that gentle, optional touch may be used to support stretching, pressure points, or energetic alignment. Consent will be requested and respected at all times. I may revoke touch consent at any point during the session.

6. Assumption of Risk

I voluntarily assume all risks related to participation in this session and release Sonya and Fondove Healing from liability for any injury, discomfort, emotional response, or unexpected outcome arising

from this service.

7. Confidentiality

I understand that all personal information shared during sessions is confidential and will be treated with respect and discretion.

8. Cancellation & Refund Policy

I acknowledge that all bookings are non-refundable. I understand that confirmation emails are sent 1 week, 72 hours, and 24 hours before my scheduled appointment. I agree to reschedule at least 24 hours in advance if needed to avoid forfeiting my session.

By proceeding with my booking, I confirm that I have read, understood, and agree to the above terms.