

# Disclaimer

By purchasing/participating :

- You understand that the practice/coaching sessions include gentle movement and seated meditation and agree to work within your own limitations and take full responsibility for your own safety and well-being.
- You acknowledge and accept the risk of any potential injuries and emotional harm resulting from participation in these programs.
- You fully release Susan Churchill/HeArt Heals, LLC, from any liability associated with injury or damages sustained from her Qigong instruction, coaching or your participation in these classes/programs.
- You agree that it is your responsibility to consult with your health care provider to determine if a class is right for you.
- You understand that the classes are intended for Qigong practice and general information only. For medical advice, talk to your health care provider.
- You understand that Susan Churchill/HeArt Heals, LLC, is not a medical provider and does not diagnose, prescribe, or provide medical advice of any kind.