

Terms of Use / Terms & Conditions

Terms of Use

Effective Date: 11/23/25

Business Name: The Self Resourced LLC

Website: theselfresourced.com

These Terms of Use ("Terms") govern your use of this website and any services provided by The Self Resourced LLC ("Company," "we," "our," or "us"). By using this site, you agree to these Terms. If you do not agree, do not use this website.

Purpose of This Website

This site provides:

- Nervous-system–informed education
- Somatic guidance
- Intuitive sessions
- Courses, workshops, retreats
- Resources for personal and professional growth

Information is for general educational purposes and should not replace professional medical, psychological, or legal advice.

Intellectual Property

All content on this website—including text, graphics, videos, images, branding, models (including Nourish Your Nervous System™ and The Five A's)—is the property of The Self Resourced LLC.

You may not copy, distribute, modify, or use any content without written permission.

User Responsibilities

You agree:

- Not to misuse the website
 - Not to share private course materials or downloads
 - Not to infringe on our intellectual property
 - To provide accurate information when making purchases or bookings
 - To use the content for personal, non-commercial purposes unless granted explicit permission
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Payments + Refunds

All payments for sessions, workshops, digital products, or programs are final unless otherwise stated on a sales page.

Deposits for workshops or retreats are non-refundable.

If a payment plan is chosen, you are responsible for completing all payments.

No Guarantees

While our work is designed to support emotional regulation, somatic awareness, and personal growth, we cannot guarantee specific outcomes. Your results depend on your unique nervous system, capacity, and participation.

Disclaimer of Warranties

This website and all materials are provided “as is” without warranties of any kind. We make no guarantee that the website will be error-free or uninterrupted.

Limitation of Liability

To the fullest extent permitted by law, The Self Resourced LLC is not liable for:

- Any direct or indirect damages
- Injuries related to participation in somatic or intuitive practices
- Losses resulting from website use or service use

You participate at your own risk and always within your own capacity.

External Links

We may link to other websites. We are not responsible for the content or practices of external sites.

Changes to These Terms

We may update these Terms at any time. Your continued use of the website signals your acceptance of updated Terms.

Contact

For questions, email us at lizpotterintuitive@gmail.com