

Terms of Use

Business Name: The Self Resourced LLC **Website:** theselfresourced.com **Effective Date:** 08/17/2026 **Previous Version:** 11/23/2025

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, and 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

Payments and Refunds

All payments for sessions, packages, 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. Payment plans offered through a third-party provider are subject to that provider's terms, and any question about installment amounts or timing is handled directly with that provider.

Payment is required before each session takes place.

Cancellation, Rescheduling, and Missed Sessions

Notice for rescheduling. Please provide at least 24 hours notice to reschedule a session. Sessions rescheduled with at least 24 hours notice are moved at no additional cost.

Late cancellations and missed sessions. A session cancelled with less than 24 hours notice, or a session you do not attend, is considered delivered. It is not refunded and is not rescheduled.

Multi-session packages. Sessions purchased as part of a package are non-refundable. Unused sessions remain available to you and may be scheduled at any point within 16 weeks of purchase. Sessions not used within that window expire.

Programs. If you discontinue a multi-week program after it begins, payments already made are non-refundable and any remaining payments under a payment plan remain due. Program sessions not used before the program period ends expire.

Cancellation by us. If we need to cancel or reschedule a session, you will be offered the next available time or a refund for that session, at your choice.

Workshops and retreats. Deposits are non-refundable. Any additional cancellation terms for a specific workshop or retreat are stated on that event's registration page and take precedence over this section.

Where a booking page or sales page states cancellation terms that differ from this section, the terms stated on that page apply to that purchase.

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