

# TERMS & CONDITIONS

Please read these terms and conditions carefully. Our terms and conditions apply to across all our services which include therapy treatments and all products we sell online via our website.

If you continue to browse and use this website you are agreeing to comply with following terms and conditions of use, which together with our privacy policy govern our relationship with you in relation to this website and our services. Throughout these Terms & Conditions, we will refer to ourselves as 'Alma Sagrada Tribe', 'Tiffany' 'Fernando', 'us' or 'we'.

## **Treatment Terms and conditions**

### **Session Cancellation Policy**

In our commitment to provide an outstanding service to our clients, and to respect our time as a professional, we have the following cancellation terms:

- If you need to cancel your ticket at short notice due to COVID-19, we are happy to offer a refund. Please contact us when this occurs.
- If you are unable to make the session you have purchased a ticket to with less than 24 hours notice, your ticket payment will be forfeited.
- From time to time where we hold on-off breathwork sessions, there is a no refund policy of tickets.
- If you have an emergency, please contact us and let us know at the first opportunity you can. We are understanding and appreciate unexpected events happen, and if we are made aware with sufficient notice, we may waiver fees.

If we need to cancel an appointment, we will endeavour to give you as much notice as possible and reschedule the appointment for as soon as is mutually convenient. Refunds will only be issued in the event of cancellation by Alma Sagrada Tribe.

### **Important Holistic Therapy appointment etiquette**

All treatments are by appointment only.

Alma Sagrada Tribe will not knowingly undertake any treatments on clients who are under the influence of drugs or alcohol.

It is important that both our boundaries are honoured during our session together. If this is not respected, Alma Sagrada Tribe reserves the right to terminate the session at any given point.

Alma Sagrada Tribe only provides legitimate and professional services. We do not offer any services other than those stated. Underwear and cleanliness is required for all clients.

During massage treatments, towels are used to cover the parts of the body not being treated. This is to protect the dignity of the client and for purposes of comfort and hygiene.

If you feel uncomfortable with any aspect of the session or wish your therapist to stop at any time, you must make this clear by expressing this to us.

### **Important Remote Therapies etiquette**

Please arrive at least a few minutes early

Please ensure your mobile phone is switched off or in silent mode

Your remote treatment session will last for the duration agreed at the time of booking.

### **Payment Processing**

Payment is required on the day of treatment by cash, credit/debit cards, Google Pay, Apple Pay or PayPal only.

All prices are fully inclusive (no vat is chargeable). Alma Sagrada Tribe reserves the right to change prices at any given time. Any price changes will not affect any already treatments booked in advance.

### **Treatments Contra-indications**

As with any treatment a consultation questionnaire will need to be completed before any treatments proceed. Some of the treatments have contra-indications (health conditions which may require a specific treatment to be adapted or deem it unsuitable for you), and therefore it is of vital importance that you disclose your full medical state and history at the time of the treatment. Any Contra-indication that your GP can provide a letter to state treatment can take place is very welcome. All information given by you is treated in strict confidence. You must also notify us before any further treatments of any changes to your health or medication.

### **Website Terms & Conditions**

We obviously need to display our terms and conditions below. If you continue to browse and use this website you are agreeing to comply with following terms and conditions of use, which together with our privacy policy govern our relationship with you in relation to this website.

### **Use of this site by children**

We do not sell products or provide services for purchase by children, nor do we market to children.

If you are under 18, you may use our website only with consent from a parent or guardian.

### **Use of Testimonials**

Testimonials are individual experiences, reflecting real life experiences of those who have used our products and/or services in some way. They are individual results and results do vary. We do not claim that they are typical results. The testimonials are not necessarily representative of all of those who will use our services.

Alma Sagrada Tribe is not responsible for any of the opinions or comments posted on social media. The testimonials are never intended to make claims that our services can be used to diagnose, treat, cure, mitigate or prevent any disease. Any such claims, implicit or explicit, in any shape or form, have not been clinically tested or evaluated.

We reserve the right to alter these terms and conditions without notice from time to time. Any revised terms shall take effect as at the date of its posting.

### **Recording and Photographing during Prana Breathwork sessions by Alma Sagrada Tribe**

Purchase of your ticket to a Prana Breathwork event indicates your consent to be included in any audio recordings, audio-visual recordings and photographs of the Event created by, at the direction of, or with the authority of the Promoter (Materials). In the event that you hold any rights in the Materials, without any fee or compensation payable to you, you irrevocably assign to the Promoter any and all benefit, right, title and interest in and to the Materials owned, controlled or created by you for the Promoter to hold and exploit in any context in any and all media now known or later devised absolutely, in perpetuity, throughout the world (including for advertising, marketing and promotional purposes whether in respect of us or third parties), free from any claims whatsoever from you. You waive all moral or other similar rights in respect of your performance or participation in the Materials that you may be entitled to under the laws of any jurisdiction throughout the world in perpetuity. To the extent that the foregoing waiver is not enforceable in any such jurisdiction, you unconditionally and irrevocably consent, for the benefit of everyone throughout the world, to the Promoter, its licensees and assignees doing or authorising the doing of any act or making or authorising the making of any omission which may infringe my moral rights in respect of the Materials.

### **Breathwork Terms & Conditions**

Breathwork is a transformational process that combines an ancient two-step breathing technique with activating soundscapes to create an incredible physical and spiritual experience. It is a simple, safe, and extremely effective process for experiencing breakthroughs and optimal wellness in your life. This work is deeply experiential and may involve intense physical, energetic, and emotional release. Therefore, persons with a history of the below contraindications should consult their healthcare provider before participating in this work. You can also reach out to me with any questions.

- Cardiovascular Disease, including Angina or Heart Attack
- High Blood Pressure
- Glaucoma
- Detached Retina
- Kidney Disease
- Diabetes
- Severe Asthma

- Uncontrolled Thyroid Conditions
- Osteoporosis
- Significant recent physical injuries, and/or recently undergone surgery
- Severe mental illness, including Bipolar Disorder or Psychosis, Seizure Disorders
- Persons using major medications that alters brain chemistry like anti-anxiety, anti-Free depressant, ADD or OCD medication are advised against participating in breath work.
- Persons who are under the influence of legal or illegal drugs to the extent that their capacity is impaired are also advised against participating in breath work.
- Breath work is also unsuitable for anyone with a personal or family history of Aneurysms.

Pregnant women are advised to not participate in this work if you are pregnant and are interested in learning some softer safer practices please reach out to me .

Persons with Asthma should bring their inhaler and consult with their primary care physician and your Breath work facilitator before participating. Persons with infectious or communicable diseases such as Coronavirus or Flu-Like Symptoms are asked to avoid attending a live in-person class due to the nature of group breathing.

## **CACAO WARNING FOR YOUR SAFETY**

Please consult your healthcare professional if you have any of the following conditions:

Hypertension (high blood pressure), chronic cardiovascular conditions, epilepsy schizophrenia, and recent surgery under general anaesthetic (under two weeks prior). Cacao contains monoamine oxidase inhibitors (MAOIS); ceremonial doses can contraindicate with both tyramine (1st gen anti-depressants) and tryptophan (2nd gen SSRI anti-depressants). Cacao is not a compulsory component of this event. If you have any of the above and still wish to participate, we require you to communicate with us prior and sign a waiver and release. If you have any questions please don't hesitate to reach out. As is the case with any physical activity, the risk of injury, even serious and l debilitating is always present and cannot be entirely eliminated. If l experience any pain or discomfort, I will listen to my body, discontinue the activity and ask for support from the facilitator.

## **IT IS VERY IMPORTANT TO INFORM US IF YOU HAVE ANY OF THE FOLLOWING**

- Pregnancy
- Asthma
- Any Recent Injuries Or Surgeries
- Any Major Health Issues

- Any Psychiatric Disorders
- High Blood pressure
- Any Cardiovascular Diseases
- Epilepsy
- Using Antidepressants
- Any Allergies To Food Or Nuts ect

These are not a show stopper to attend the session tho we need to be well aware of any conditions for the time you are under our care along with being able to fine tune our work to benefit you so you get the most out of the session in a safely matter.

If you wish to not be filmed or photographed during the session please advise us prior or on the day.

To get the ultimate benefit and experience this work requires bodywork through physical touch if you do not wish to be touched at all during the session please advise me prior or on the day.

Everything we experience during Believe In Your Breath is completely private and confidential and will not be shared anywhere with anyone outside the session.

**By booking an appointment or session through the Alma Sagrada website or through any other means with us you agree to the following:**

- I undertake full responsibility for any and all damages which may incur through participation. I understand that the breath work facilitator does not diagnose illness or disease and does not prescribe medical treatment or pharmaceuticals.
- I understand that breath work is not a substitute for therapy, and does not substitute for psychotherapy or medical care and that it is recommended that I work with my general practitioner for any condition I may have.
- I fully understand that participating in Believe in your Breath will include connected, circular breath, physical movement, therapeutic touch and bodywork, meditation, sound & release of emotions. I understand that conscious connected breath work gives an opportunity or release of chronic muscular tension and free flow of energy in the body.
- I affirm that I alone am responsible for deciding whether to participate in Believe In Your Breath and that any participation is at my own risk.
- I hereby agree to irrevocably release and waive any claims that I have now, or may have hereafter against my breathing facilitator.

**Disclaimer**

Alma Sagrada Tribe makes no claims, promises or guarantees as to the outcome of any treatment session. We are neither diagnosing nor treating specific health challenges. You are solely responsible for seeing to and/or continuing with your own medical treatment and care.

Alma Sagrada Tribe is providing this site, and its contents on an “as is” basis and makes no representations or warranties of any kind with respect to this site or its contents, including products or services referenced on or through the site (“Services”).

You understand that our website and its content, & the advice given during breathwork sessions are for informational and educational purposes only. To the fullest extent permitted by law, we expressly exclude any liability for any direct, indirect or consequential loss or damage incurred by you or others in connection with our website and its content, including without limitation any liability for any accidents, delays, injuries, harm, loss, damage, death, lost profits, personal or business interruptions, misapplication of information, physical or mental disease, condition or issue, physical, mental, emotional, or spiritual injury or harm, loss of income or revenue, loss of business, loss of profits or contracts, anticipated savings, loss of data, loss of goodwill, wasted time and for any other loss or damage of any kind, however and whether caused by negligence, breach of contract, or otherwise, even if foreseeable. You specifically acknowledge and agree that we are not liable for any defamatory, offensive or illegal conduct of any other website participant or user, including you.

You understand that in no way will Alma Sagrada Tribe provide medical advice and that no medical advice is contained within this site, or supplied during breathwork sessions or the Services provided.

You understand that some of the advice on this site & given during breathwork sessions or during services is not universally accepted as evidence-based practice and is neither sponsored, approved, recommended nor endorsed by the AIHW (Australian Institute of Health & Welfare), ACHS (Australian Council on Healthcare Standards), NSQHS, The Heart Foundation, USDA (United States Department of Agriculture), FDA (Food and Drug Administration), Minnesota Medical Board, AANP (American Association of Naturopathic Physicians) NIH (National Institutes of Health), or AHA (American Heart Association). The information on this site is not intended as medical advice. This Site and its authors do not claim to cure, prevent, diagnose, or treat any supplement-related disease or health condition. Always consult a qualified healthcare professional before changing your diet or medications or beginning any medical routine. As such, use of this Service & attendance of the provided breathwork events implies your acceptance of the terms described herein.

The supplement and health information provided on this site are provided for personal and informational purposes only. The supplement and health information contained in supporting resources are not to be construed as any attempt to either prescribe or practice medicine. Neither are the supplement and health information intended to be understood as putting forth any cure or treatment for any type of acute or chronic health problem. You should always consult with a competent, fully licensed medical professional when making any decisions regarding your health. The authors of this site will use reasonable efforts to include up-to-date and accurate information in this website and the products contained therein, but make no representations, warranties, or assurances as to the accuracy, currency, or completeness of the information provided. The authors of this site shall not be liable for any damages or injury

resulting from your access to, or inability to access, this site and/or its products, or from your reliance upon any information provided in this site or products.

You understand that these Services & breathwork sessions are not intended as a substitute for consultation with a licensed healthcare practitioner, such as your physician, naturopathic doctor or appropriately licensed healthcare professional.

You understand that the information and content of these Services & breathwork sessions should not be used to diagnose a health problem or disease, or to determine any health-related treatment program, including drug or supplement use.

You understand that there are risks associated with the use of these Services & breathwork sessions. Use of these Services & breathwork sessions implies that you assume all risks, known and unknown, inherent to supplements and other health information, and physical changes and/or injuries which may result from the use of these Services.

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### **Right to alter Terms & Conditions**

We reserve the right to alter these terms and conditions without notice from time to time.