



Important Disclaimer

Please read this disclaimer carefully before purchasing the meditation course.

This course is provided for general educational and wellbeing purposes only. The meditation practices and information provided are not intended to diagnose, treat, cure or prevent any medical or psychological condition, and they are not a substitute for medical, psychological or other professional healthcare advice or treatment.

This course is not suitable for everyone. You should not take part in this course if you have bipolar disorder, psychosis, epilepsy or abnormally low blood pressure. If you have any other medical or psychological condition, or are currently receiving treatment from a doctor, therapist or other healthcare professional, please consult them before beginning the course.

If you are unsure whether this course is appropriate for you, please discuss it with your GP, therapist or other suitably qualified healthcare professional before purchasing or taking part.

Meditation can affect people differently. Some practices may bring up unexpected thoughts, emotions or physical sensations. If you experience

distress, anxiety, dizziness, faintness, unusual sensations or any other concerning symptoms while practising, stop meditating immediately seek appropriate professional advice if necessary.

Only practise when and where it is safe to do so. Do not practise while driving, operating machinery or undertaking any activity that requires your full attention.

This course is designed to support general wellbeing and meditation practice. It should not be used as a replacement for prescribed treatment, medication or professional healthcare.

By purchasing and participating in this course, you acknowledge that you have read and understood this disclaimer and are responsible for determining whether the course is appropriate for you.

If you are in any doubt, please speak to your GP or therapist before beginning the course.