



TERMS AND CONDITIONS - AGREEMENT

By taking part in this program of mindfulness meditation, I expressly agree to - and understand - the following:

- That this is a series of weekly mindfulness meditation sessions, designed to allow participants to explore and experience various mindfulness and meditation practices and exercises, in a guided setting.
- That mindfulness meditation involves some introspection and silent self-reflection, and during some exercises, gentle movement.
- That the sessions are not designed to take the place of personal therapy, counselling or medical intervention in any way, and are not a substitute for any kind of treatment, required or otherwise. And that while Megan Spencer is a trained mindfulness meditation teacher, she is not a counsellor, psychologist or medical professional.
- That I will consult my doctor, health professional or counsellor about any physical or mental health concerns or conditions, prior to participating.
- That by taking part each participant understands and agrees that they are solely responsible for their own individual health, well-being and self-care.
- That during each session, I will listen to the instructions carefully, and to my own body and mind. I will not exceed my own limits, nor do any practice that I believe to be unsuitable for my current state of mind or body at any time. If there are any doubts, I will ask for modification, support, further instruction or cease the practice.
- That it is my responsibility to update the meditation teacher about any conditions, injuries or illnesses, new or old, that might affect my ability to participate safely in a meditation session. And that I will immediately inform the meditation instructor of any issues or problems that arise and might affect my participation.
- As best as I can, I will undertake the recommended home practice between sessions, in order to receive the maximum benefit from the program.

These are the Terms & Conditions for use of this guided meditation session or program. Please read and consider carefully before taking part.

If you have any further questions before - or during - the program, please do not hesitate to contact [Megan Spencer](#).