

**Meditation and Mindfulness for Women**  
**Norwest Private Hospital,**  
**Suite 110, 9 Norbrik Drive, Bella Vista**  
**Norwest Private Consulting Rooms**  
Fortnightly Classes held Thursdays (7.30pm – 8.30pm)  
**Declaration of Understanding and Waiver of Liability**

### **Consent and Assumption of Risk Statement**

Thank you for choosing to participate in a Meditation and Mindfulness Class with Theresa Perry Wellbeing. Before you begin, we ask that you carefully read and agree to this waiver.

I acknowledge and agree to the following terms and conditions for participating in this course facilitated by Theresa Perry Wellbeing:

**Confidentiality:** I understand that all information shared during the session, including personal experiences and discussions, will be kept confidential. I agree not to disclose any sensitive information shared by other participants that could identify them.

**Personal Use of Materials:** I agree that all materials provided during the Meditation and Mindfulness Class, including handouts, worksheets, and any other resources, are for my personal use only. I will not reproduce, distribute, or share these materials without the express written consent of Theresa Perry Wellbeing.

**Coaching as Advice:** I acknowledge that any coaching provided during this class is for informational and educational purposes only. It is not intended as therapy, counselling, or medical advice. I understand that I am solely responsible for my own wellbeing and decisions.

**No Liability:** I agree not to hold Theresa Perry Wellbeing, its representatives, or any associated parties liable for any loss, costs, injuries, or any other conditions incurred by me, whether physical, emotional, or psychological, caused directly or indirectly by the coaching or techniques taught during these workshop sessions.

I have read and understood the terms of this waiver statement and voluntarily agree to participate in this course with full knowledge of its content and implications. By agreeing to this waiver, I acknowledge that I have read and fully understand the above information, and that I voluntarily assume all risks associated with participation in the class at Theresa Perry Wellbeing.