

Participant Waiver & Acknowledgement

By booking and participating in the **Wellness, Movement & Sound Immersion Experience**, I acknowledge and agree to the following:

- I understand that this experience includes **gentle movement, fascia-focused practices, breathwork, sound therapy, stillness and sensory elements**, and is designed to support relaxation, awareness and general wellbeing.
- I confirm that I am participating **voluntarily** and take full responsibility for my physical, mental and emotional wellbeing during and after the session.
- I understand that this experience is **not a substitute for medical advice, diagnosis or treatment**, and that the facilitators do not provide medical or psychological services.
- I acknowledge that if I am **uncertain about my ability to safely participate**, or have any medical, physical, psychological or sensory concerns, I am encouraged to **seek appropriate medical advice prior to undertaking the sound or movement immersion experience**.
- I acknowledge that individual responses to movement, sound and sensory practices may vary, and that I am encouraged to **move within my own comfort, capacity and limits**.
- I agree to **inform the facilitators** prior to the session of any injuries, medical conditions, pregnancy, recent surgery, sound sensitivities, or other concerns that may affect my participation.
- I understand that I may **pause, modify or opt out** of any part of the experience at any time.
- I release and waive any claims against **Positive Energy, SMART Pilates, Belinda Johnson, Peta Alexopoulos**, and any associated facilitators, contractors or venues, for any injury, loss or discomfort that may arise from my participation, **except where liability cannot be excluded under Australian law**.

By proceeding with my booking, I confirm that I have read, understood and accepted this waiver.