

Flow Dance Meditation - Consent Form

Flow Dance Meditation is a practice involving free-form movement and guided meditation. It is designed to enhance well-being, connection to the body, and emotional release. While it is generally safe, it is important that you participate at your own pace and listen to your body's signals.

Informed Consent

By ordering this ticket, you acknowledge that you have read and understood the nature of Flow Dance Meditation. You agree to participate voluntarily and understand that you are responsible for your own well-being during the practice. You will communicate any concerns or discomfort you may experience to the facilitator.

Health Status

If you have any of the conditions listed below, you must make sure you have let your Facilitator know before you order this ticket:

- Cardiovascular conditions (e.g., heart disease, hypertension)*
- Epilepsy or seizures*
- Recent injury or surgery (please specify)*
- Severe mental health conditions (e.g., psychosis, dissociation)*
- Pregnancy (especially high-risk)*
- Other (please let your facilitator know before ordering a ticket)*