



0.3 Terms of Service

Okay, so we all know that freedom seekers are not commonly known for enjoying decrees and restrictions. Since we operate in a universe where our collective agreements tend to define what's what however, let's play by the rules.

Last updated: October 2025

Welcome to Voyages into Being ("we," "us," or "our"). These Terms of Service ("Terms") outline the guidelines and agreements for participation in all of our offerings, including but not limited to movement classes, coaching and mentorship sessions, workshops, and all forms of online or in-person content. By participating in our services, you agree to the following terms:

1.

Acceptance of Terms

Participation in any of our services implies that you have read, understood, and accepted these Terms. These apply to all classes, sessions, events, digital content, and community spaces offered by us.



Scope of Services

Our services may include:

2.

- Movement-based classes
- Mindfulness and meditation instruction (including breathwork, mantra, inquiry, etc.)
- Spiritual mentorship, life coaching, and philosophical or existential support
- Online resources including blog posts, video content, virtual events, self-led studies

These offerings are designed for personal growth and wellbeing. They are not a substitute for licensed medical, psychiatric, legal, or other regulated professional care.

3.

Personal Responsibility & Risk

You acknowledge that these practices may involve physical exertion, emotional exploration, and spiritual or philosophical reflection. By participating, you agree to:

- Take full responsibility for your physical, emotional, and mental health.
- Inform us of any relevant conditions that may affect your participation.
- Stop participating if you experience pain, distress, or discomfort.
- Consult with a medical or psychological professional if needed.

• •

4.

No Guarantees

We do not guarantee specific outcomes from participation in our services. Results depend on your own efforts, timing, and individual circumstances.

• •

5.

Online Content Disclaimer

Information provided on our blog, YouTube, or other channels is for general inspiration and education only. It is not a substitute for personalized or professional advice. You accept full responsibility for how you use this content.

• •

6.

Confidentiality

Any personal information shared in sessions is treated with respect and confidentiality and will not be disclosed unless required by law or unless safety is a concern.



7.

Waiver of Liability

By engaging in any of our services, you release and waive all claims of liability against Voyages into Being, its team, collaborators, and affiliates for injury, emotional distress, or loss arising from your participation, even if due to negligence.



8.

Payments & Refund & Cancellation Policy

All sessions and classes must be paid in advance via accepted payment methods (e.g., cash, e-transfer, interact, or approved online platforms).

Single classes, workshops and 1 on 1 coaching sessions must be cancelled at least 48 hrs in advance for in-person and 24 hrs for telephone consults to reschedule. Cancellations made less than the mentioned above timeframe before your appointment/class will result in the session being forfeited.

No refunds are issued for missed single sessions, workshop or classes, except in cases of emergency or exceptional circumstances, as determined on a case-by-case basis.

For long-term memberships subscriptions (e.g., unlimited monthly passes or bulk session packages), a pro-rated refund may be issued if the membership is discontinued early, at the time of notification.

Special events, or Mix and Match packages may have their own cancellation/refund terms, which will be communicated separately.

9.

Conduct & Community Guidelines

To maintain a safe, inclusive, and respectful environment for all:

- Violence, discrimination, harassment, or abusive behaviour will not be tolerated. This includes but is not limited to racism, sexism, homophobia, transphobia, ableism, ageism, or any form of hate speech, bullying, or intimidation.
- Participants engaging in such behaviour may be removed from sessions or the community without refund.

In addition to avoiding harm, we ask that all participants contribute positively to the group experience by:

- Approaching others with kindness, compassion, and goodwill.
- Being mindful of how we share space, especially in group settings.
- Prioritizing active listening, curiosity, and presence over trying to fix or advise others unless explicitly invited.
- Supporting each person's journey with respect for different backgrounds, beliefs, and processes.
- We believe that fostering a caring, nonjudgmental atmosphere allows for deeper growth, self-discovery, and healing.

10.

Scent-Free Environment

To support individuals with allergies or sensitivities, we ask that all in-person attendees avoid wearing strong perfumes, essential oils, or scented products. Please respect this request to keep the space accessible for everyone.



No Solicitation/Promotional Boundaries

11.

Out of respect for the integrity of this space and community:

Participants are not permitted to promote, solicit, or recruit others into their own business offerings, services, or programs (either during, before, or after sessions) unless explicitly invited to do so.

This includes attempting to poach clients or participants for similar or related businesses.

Failure to respect this may result in removal from group programs, classes, coaching or the community without refund.



Intellectual Property

12.

All content shared through our sessions, courses, writings, videos, and recordings remains the property of Voyages into Being. You may not reproduce, sell, or share content without explicit permission.



13.

Photos & Recordings

No photos, ai notes, or any type of recordings will be captured, without the prior consent of all present.

14.

Modifications

We reserve the right to revise these Terms at any time. Continued participation in our offerings after changes constitutes your acceptance of the revised Terms.



15.

Governing Law

These Terms are governed by the laws of Canada, Ontario. Any disputes will be handled through appropriate legal channels in that jurisdiction.



For questions, concerns, or further clarification, please contact:
hello@aboardthesilentdreamer.com

Participant Name: _____

Email: _____

Date: _____

Signature: _____

If under 18, legal guardian must also sign below:

Guardian Name & Signature: _____

Relationship to Participant: _____

Every end is also a beginning