



0.2 Waiver

PLEASE READ CAREFULLY BEFORE SIGNING

This agreement must be signed by all participants before taking part in any services, content, or activities offered by Voyages into Being ("the Facilitator"), which includes Barbara Szymanska and any team members, collaborators, assistants, or substitute instructors ("the Team").

This includes in-person and virtual classes, workshops, one-on-one sessions, online content (such as videos, blog posts, audio recordings), newsletters, and any other offerings intended to support personal development, spiritual growth, and well-being.

Acknowledgement of Services Provided

I understand and acknowledge that the offerings provided by the Facilitator may include, but are not limited to:

1.

- Movement-based practices (influenced by yoga, dance, martial arts, somatics, etc.)
- Meditation, mindfulness, breathwork, mantra chanting, and relaxation
- Life coaching, existential and philosophical consulting, inquiry and spiritual mentorship
- Informational or inspirational content delivered via blogs, social media, YouTube, or other channels

These services and materials are intended for personal insight, reflection, and wellbeing. They are not medical, psychiatric, psychological, or legal services, and do not replace care from licensed professionals. I agree to seek appropriate professional support where needed.

WAIVER, RELEASE OF LIABILITY & INFORMED CONSENT AGREEMENT

2

Voluntary Participation & Personal Responsibility

I choose to participate voluntarily and understand that any form of movement, reflection, or inner work may carry certain risks. These may include, but are not limited to:

- Physical injuries (e.g., sprains, falls, strains, overexertion)
- Emotional discomfort or psychological triggering
- Mental fatigue or heightened emotional states
- Reactions to philosophical or spiritual themes explored during sessions or in written / video content

I understand that I am solely responsible for listening to my body, mind, and emotions throughout all activities. I will:

- Stop or modify my participation immediately if I experience pain, discomfort, distress, or unease.
- Seek medical or psychological help if needed
- Notify the Facilitator of any relevant mental or physical health conditions before participation.



3

Assumption of Risk and Waiver of Liability

I fully acknowledge that there are inherent risks involved in participating in any of the services or consuming related content. In consideration of being allowed to participate, I, for myself and on behalf of my heirs, legal representatives, and assigns, hereby:

- Assume all risk of participation, including those arising from negligence of the Facilitator or Team
- Waive, release, and discharge the Facilitator and Team from any and all claims for personal injury, property damage, emotional harm, or death related to participation in activities or use of any materials
- Agree not to sue the Facilitator or Team for any loss, injury, or damages incurred
- Indemnify and hold harmless the Facilitator and Team from any legal costs or liabilities arising from my participation

This includes, but is not limited to: in-person or online sessions, movement practices & exercises, coaching conversations, written or spoken advice, and engagement with any educational or creative content provided on blogs, emails, or video / audio channels.

4.

No Guarantees or Claims

I understand that personal growth, healing, or transformation is a highly individual process. The Facilitator makes no guarantees about outcomes or results. The insights or suggestions offered are intended to support self-awareness and should be taken as exploratory, not prescriptive.



5.

Confidentiality & Group Conduct

I agree to respect the confidentiality of any group sharing and will not disclose the identity or personal information of other participants. I understand that any content I share remains my responsibility, and that while the Facilitator may hold space with care, they are not liable for how other participants respond or interpret.



6.

Legal Capacity & Consent

I confirm that I am at least 18 years of age or have obtained the signature of a parent or legal guardian. I have read this waiver carefully, understand it fully, and sign it voluntarily, knowing that I am waiving certain legal rights.

Participant Name: _____

Email: _____

Date: _____

Signature: _____

If under 18, legal guardian must also sign below:

Guardian Name & Signature: _____

Relationship to Participant: _____