

AGREEMENT FORM

This agreement covers important aspects, including the coach and client relationship, services provided, procedures, payment, client responsibilities, correspondence, cancellation policy, withdrawal, dispute resolution, and the entire agreement.

Coach-Client Relationship:

- The Coach maintains a professional standard of behaviour.
- The Client is responsible for their well-being, decisions, and actions.
- Coaching involves various areas of life, and the Client takes responsibility for their choices and implementation.

Service:

- The parties engage in a 7 week Breath Work Program through group Google Meetings.
- Coach will be available to the Client via Instagram between scheduled meetings.

Procedure:

- Call's will be held every Thursday for 7 weeks over google meet for 1 hour and 30min, from 7:30pm - 9:00pm.
- Sessions are held exclusively via Google Meet, and a link will be sent on the day of the call.
- Video modules and all our course information / communication is to be had via the fundamentals instagram group chat.



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Payment:

- The 7- week course costs \$1,750AUD.
- Clients will be sent an electronic invoice to their email address via Xero.
- A minimum of \$250 is required as a deposit and is non - refundable.
- The client can choose to pay in full or via a weekly payment plan.
- Payment plan option #1 (2 Instalments of \$750)
- Payment plan option #2 (6 Instalments of \$250)
- Payment plan option #3 (10 instalments of \$150)

Client Responsibilities:

- Clients are expected to approach coaching with open-mindedness, honesty, and commitment. Completion of sessions and assigned tasks is important.
- Client must agree to these terms and send through a written proof.

Correspondence:

- Preferred methods of correspondence are email (hello@breathsesh.com.au) & Whatsapp +61 426220266

Cancellation Policy, Missed Appointments, and Withdrawal:

- Clients are responsible for showing up to calls and meetings.
- Missed sessions without notice result in forfeiture without refunds or rescheduling.
- Clients are welcome to withdraw from the course due to personal reasons and unforeseen circumstances before the course however they will lose their \$250 deposit, but once the course has commenced and the agreement has been signed, the client must see through the rest of the payments and will be given an option for a credit to part-take in another course at a later date.
- Clients can't withdrawal from the payments after signing the agreement because they "Don't like it".
- The Coach may cancel due to unforeseen circumstances and will attempt to reschedule, to a later date.



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Entire Agreement:

- This document represents the complete agreement between the Coach and the Client, superseding all prior representations.

Dispute Resolution:

- Parties agree to mediate in good faith for up to 30 days to resolve any disputes. The prevailing party in legal action may recover attorney's fees and court costs.

Binding Effect:

- This Agreement is binding for both parties and their successors.
- Please send through a reply with your full name, date and state that "I agree"

Business in Breath Sesh: Julia Balassopoulos

A handwritten signature in cursive script, reading "Julia Balassopoulos", is written over a horizontal line.



WAIVER

Please carefully read this liability waiver before participating in the Breath Sesh online course. By enrolling in this course, you acknowledge and agree to the following terms and conditions:

Assumption of Risk:

I understand that participating in the Breath Sesh online course involves engaging in physical and mental activities such as deep breathing exercises, movement, and exposure to lights and sound. I willingly accept all risks associated with these activities, including physical exertion, emotional release, and potential sensory stimulation.

Health and Well-being:

I confirm that I am in good health and do not have any medical conditions that would hinder my participation in the Breath Sesh online course. If I have any concerns about my health or physical condition, I will consult with a medical professional prior to joining the course.

Release of Liability:

I hereby release and discharge Breath Sesh, its organizers, facilitators, instructors, volunteers, and associated individuals from any and all liability, claims, demands, actions, or causes of action arising from any loss, damage, injury, illness, or death that may occur during or as a result of my participation in the online course.

Photography and Videography:

I understand that photography and videography may occur during the Breath Sesh online course. I grant Breath Sesh the right to use any photographs or videos taken of me for publication, including promotional materials, websites, social media, and other forms of public communication. I waive any rights to compensation or ownership of such materials.



WAIVER

Indemnification:

I agree to indemnify and hold harmless Breath Sesh, its organizers, facilitators, instructors, volunteers, and associated individuals from any claims, damages, costs, or expenses, including attorney's fees, arising from my participation in the online course.

Compliance with Instructions:

I agree to follow all instructions and guidelines provided by Breath Sesh, its organizers, facilitators, and instructors during the online course. I understand that failure to comply with these instructions may result in my removal from the course without refund.

Personal Belongings:

I am solely responsible for the safety and security of my personal belongings during the community gatherings. Breath Sesh and its affiliates are not liable for any loss, theft, or damage to my personal property.

Governing Law:

This liability waiver shall be governed by and interpreted in accordance with the laws of the jurisdiction where the community gatherings are conducted.

I have read and understood this liability waiver, and I voluntarily agree to its terms and conditions. I acknowledge that by participating in the Breath Sesh community gatherings, I am waiving certain legal rights and remedies that may

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