



Sacred Vessel Agreement 2023

Before applying for the Sacred Vessel Group please read the following agreement carefully:

1. I am over the age of 21.
2. I accept full responsibility for my health and well-being. I agree that Lauren D'Silva and Touchstones Therapies Limited have no responsibility whatsoever for my health and well-being.
3. I note that Sacred Vessel may not be suitable for me if I am pregnant or have:
 - i) A medical condition of an acute or chronic nature, including an ongoing eating disorder
 - ii) Ongoing severe emotional or mental trauma
 - iii) Drug (prescribed or otherwise), alcohol or substance addictions
 - iv) Special needs that create problems with participating in a group situation

I agree to state any serious health issues clearly on my application. If I am unsure whether the Sacred Vessel approach is suitable for me I will seek medical advice before joining the group.

4. I agree to pay for each Sacred Vessel session in advance. I will let Lauren know if I cannot be present and I do not have to pay for a session I need to miss **provided** I have given at least 24 hours notice. I understand that the Sacred Vessel sessions are not recorded to protect the privacy of the group members.

5. I understand that Sacred Vessel aims to provide a nurturing and supportive environment for women to explore their issues around self-esteem, food and our body image and therefore it is important that all members show respect and consideration for each other.

I understand that if my behaviour is not felt to be conducive to the harmony and well-being of the group I would be asked to leave and that session's fee would be refunded.