

Starbrary Taster Session Booking Conditions 2026

Please read these conditions carefully. In applying for the Starbrary Taster Session you agree that:

1. You are over the age of 18.
2. You will keep confidentiality for everyone within the Group.
3. You will treat other members of the Group with consideration and respect.
4. You understand that punctuality is required. Access to the live Zoom session closes **five minutes** after the start time and you will not be admitted after this point.
5. You take responsibility for checking your email inbox to find the Zoom link ready for the Group session. Ensure you have located your link **at least** one hour before the session opens. Lauren will be focusing on preparing for the Group and will be unavailable to respond to any messages immediately before going online.
6. You accept full responsibility for your own health and well-being throughout. Lauren D'Silva and Touchstones Therapies Limited will accept no responsibility whatsoever for your health and well-being.

The Starbrary Taster Session is not suitable if you are:

- i) pregnant
- ii) experiencing an ongoing medical condition of an acute nature
- i) experiencing ongoing severe emotional or mental trauma
- ii) misusing drug (prescribed or otherwise), alcohol or other substances
- iii) have special needs that create problems with paying attention

Please state any ongoing health issues clearly on your application form. Your medical information will be held in confidence. If you are in any doubt about whether this Group is suitable for you should seek medical advice before applying.

8. This session is not an arena for political or religious debate or a place to air conspiracy theories. We aim to leave the divisions of the outer world behind when we come to the online gathering.
9. Lauren D'Silva and her helpers reserve the right to remove any member from the session if their behaviour is not considered conducive to the harmony of the group.

Lauren D'Silva, Director, Touchstones Therapies Limited