

Before you book — please read

Who can — and cannot — safely join my sessions

Your well-being is my priority.

The practice I guide — **Active Consciousness Meditation**, also known as **Ananda Mandala** (sometimes described in my marketing as “online breathwork”) — includes cycles of fast, rhythmic breathing that are physically intense. It is a powerful practice, and it is not suitable for everyone.

This page is here to help you decide whether to join. **The same list applies to every one of my sessions** — online and in person, group and 1:1. Please read it before you book.

Use your own judgment — always

Whatever your situation, the most important rule of the practice is this: **at any moment during a session, you can slow your breathing, return to a natural breath, rest, or step out completely.** You know your body better than anyone. Listen to it. Don't push through dizziness, sharp pain, panic, or anything that feels wrong.

Please do not participate if any of these apply to you:

Pregnancy and post-partum

- You are pregnant, at any stage.
- You are within 6 weeks after giving birth, or have recently had a miscarriage or a termination.

Heart and blood pressure

- High blood pressure that is not under control.
- History of heart attack or stroke.
- An aneurysm of any kind.
- Severe heart disease, atrial fibrillation, or any serious irregular heartbeat.
- A pacemaker or any implanted cardiac device.
- Recent heart surgery or a recent cardiac event.

Brain and nervous system

- Epilepsy or any history of seizures.
- Recent concussion or head injury.
- Recent stroke or mini-stroke (TIA).
- Severe or uncontrolled migraines, especially migraines with aura.

Eyes

- Glaucoma.
- Detached retina, or any fragile-retina condition.
- Recent eye surgery.

Lungs (asthma is addressed separately below)

- Severe COPD, emphysema, or severe chronic bronchitis.
- A current or recent serious lung infection — pneumonia, severe bronchitis, severe COVID-19.
- History of pulmonary embolism or a collapsed lung.

Cancer and serious illness

- You are currently undergoing chemotherapy, radiotherapy, immunotherapy or any active cancer treatment.
- You have had recent cancer surgery.
- You are recovering from a major illness, or have a severely compromised immune system.

Mental health

- A history of psychosis, schizophrenia, or bipolar disorder.
- Severe PTSD that is not currently being supported by a specialist.
- Active suicidal thoughts, recent self-harm, or severe untreated depression.
- A severe dissociative disorder.

Recent surgery or injury

- Any major surgery in the past 3 months (especially abdominal, chest, spinal, brain, eye or heart surgery).
- Recent fractures, open wounds, an abdominal hernia, or any acute injury that could worsen with intense breathing.

Medication and substances

- You take sedatives, tranquillisers, antipsychotics, or any psychoactive medication that affects breathing or heart function — please don't join the rapid breathing without written clearance from your doctor.
- You are on blood thinners or anticoagulants.
- You have used alcohol, cannabis, MDMA, psychedelics, or any recreational substance in the past 24 hours.

Age

- You are under 18 years old.

If you have asthma — you are welcome, with these conditions

If your asthma is well-controlled and not severe, please join. I just ask that you:

- **Keep your inhaler within arm's reach** for the whole session.
- **Do not push through** wheezing, chest tightness, or any sign of an asthma attack — use your inhaler or step out.

If your asthma is unstable or severe, or if you have needed oral steroids or hospital care for it in the past 12 months, please do not join.

Not sure?

If you have any condition, take any medication, or have a history that worries you and isn't listed here, please check with a qualified medical professional before booking. **When in doubt, sit out** — or join only the meditation portion of the session, with a gentle, natural breath.

This list is here to help you, but it isn't exhaustive. Many conditions not specifically named may still be a reason to abstain. **You are the final judge of your own body.**

About the pages that follow

The pages that follow are the formal Terms & Conditions. They cover, among other things: that you take responsibility for your own choice to join, that you agree not to take legal action against me for outcomes that arise from participating, and a few other commitments that apply to every session — online and in person.

By booking, paying for, or joining a session, you confirm that you have read this page and the Terms & Conditions, and that you agree to be bound by them.

TERMS AND CONDITIONS

All Services — Online & In-Person

Active Consciousness Meditation / Ananda Mandala · In-Person Workshops & Events · Become Certified Boreal Method™ Practitioner Online Training

Facilitator: Juulia Lindeman (acting in her individual capacity)

EFFECTIVE 1 MAY 2026 — IN FORCE INDEFINITELY UNLESS AMENDED OR REPLACED BY THE FACILITATOR

This agreement (the “Agreement”) establishes a framework of personal responsibility and informed consent between the Participant (“I”, “me”) and the Facilitator, Juulia Lindeman, a private individual providing guided practices, workshops, events and educational programs in a non-clinical, non-therapeutic, non-medical capacity (the “Facilitator”). It applies to every Service offered by the Facilitator, whether delivered online or in person, and is intended to ensure the Participant understands the nature and inherent risks of the practices while clarifying the boundaries that govern safety, scope of practice and liability. By booking, registering, paying for, joining, downloading, or otherwise accessing any Service, the Participant affirms physical and mental readiness, accepts the inherent risks involved, and agrees to be bound by every provision of this Agreement. The Participant confirms they are at least eighteen (18) years of age and possess full legal capacity to enter into this Agreement.

PART I — GENERAL PROVISIONS (apply to every Service)

1. Scope and Definitions

1.1 “Services” means, collectively, all activities, sessions, programs, workshops, events, retreats, courses and educational materials offered by the Facilitator, including without limitation: (a) online sessions of Active Consciousness Meditation / Ananda Mandala, group or 1:1 (which the Facilitator may market externally as “online breathwork” — see Section 1.4); (b) in-person workshops, events, retreats and group sessions of Active Consciousness Meditation / Ananda Mandala; and (c) the online self-paced training program “Become Certified Boreal Method™ Practitioner” (the “Program”).

1.2 “Participant” means any person who books, registers for, pays for, joins, downloads, or otherwise accesses any Service.

1.3 “Facilitator” means Juulia Lindeman, a private individual, acting in a non-clinical, non-therapeutic, non-medical capacity. Service-specific provisions are set out in Part II and apply in addition to (and together with) the general provisions in Part I. In the event of a conflict, the Service-specific provisions in Part II prevail for that Service.

1.4 **Clarification of practice terminology.** All references in this Agreement, on the Facilitator’s website, and in any of the Facilitator’s marketing or promotional materials to “breathwork”, “online breathwork”, “breathwork-style” practice, or any equivalent term, shall be understood to refer exclusively to **Active Consciousness Meditation**, also known as **Ananda Mandala**, as the specific guided practice offered by the Facilitator. The Facilitator does **not** deliver Holotropic Breathwork, the Wim Hof Method, Rebirthing, conscious connected breathing, transformational breath, or any other distinct breathwork modality, whether under that name or under any other name. Regardless of the label used in marketing or in any communication between the Facilitator and the Participant, the practice delivered in every online group or 1:1 session, and in every in-person workshop, event, retreat or group session, is the **same** Active Consciousness Meditation / Ananda Mandala described in Section A and Section B of this Agreement. The Participant acknowledges this clarification and agrees that any reference to “breathwork” in any Service description, booking page, or communication shall be construed in accordance with this Section 1.4.

2. Nature of the Services — No Healthcare Relationship

The Services are offered as tools for self-exploration, personal growth, embodied practice and education. They do not constitute, and shall not be construed as, medical advice, diagnosis, psychiatric care, psychotherapy, physiotherapy, osteopathy, chiropractic, massage therapy, social work, counselling, or any other form of clinical or licensed healthcare or social-care service. The Facilitator delivers the Services exclusively in her individual, private capacity as a facilitator and educator, and not in the capacity of any licensed profession. No doctor–patient, therapist–client, social-worker–client, or other regulated professional relationship is created by this Agreement. The Participant takes absolute responsibility for their own physical and mental well-being. It is a foundational obligation of the Participant to consult a qualified medical professional regarding any condition that could interfere with their health, safety, or judgment before, during, or after engaging with any Service.

Disclosure regarding the Facilitator’s unrelated professional licence. The Facilitator holds a licence as a social worker in Finland. That licence belongs to an entirely separate professional context and is **not** invoked, exercised, relied upon, or extended in the delivery of any Service under this Agreement. No Service constitutes social-work practice, counselling, psychotherapy, case management, or any other regulated social or healthcare service. The Participant agrees not to rely on, or to represent reliance on, the Facilitator’s social-work licence in connection with any Service.

3. Honest Disclosure and Attestation

I warrant that I have honestly and completely disclosed to myself, and where relevant to the Facilitator, all medical, psychiatric, neurological, dermatological, musculoskeletal and pharmacological conditions that could be relevant to my safety. I understand that the Facilitator relies on my disclosures and self-screening, and I agree that any failure to disclose, misrepresentation, or concealment of a relevant condition constitutes a material breach of this Agreement and fully releases the Facilitator from any and all liability arising out of or connected with that undisclosed condition.

4. Medication and Ongoing Medical Treatment

I understand that no Service offered by the Facilitator is a replacement for medical treatment. If I am currently taking any medication or undergoing any form of treatment, I acknowledge that I must not discontinue, reduce, alter, or otherwise modify it before, during, or after any Service without the explicit approval of my medical doctor or licensed healthcare provider. The Facilitator will not advise on, recommend, or influence any medical decision.

5. Assumption of Risk

I knowingly, voluntarily and expressly assume all risks associated with my participation in any Service, including but not limited to: hyperventilation, tetany, fainting, dizziness, nausea, headache, jaw or temporomandibular discomfort, skin reactions, bruising, joint or muscle soreness, vagal responses, emotional release, re-surfacing of trauma, psychological distress, altered states of consciousness, physical injury from movement or falling, and — in extreme cases involving undisclosed medical conditions — serious injury, permanent disability, or death.

6. No Clinical Relationship; Testimonials and No Guarantee of Outcomes

Participation in any Service does not create a clinical, therapeutic, medical, psychological, or client–practitioner relationship of any kind. I am engaging in guided self-practice or self-directed education in which I remain the sole authority over my own limits and safety. Testimonials, descriptions, marketing materials and descriptions of the Services are intended to illustrate their potential and do not constitute a promise, warranty, or guarantee of any particular result, healing, insight, state of consciousness, professional outcome, or personal experience. Results vary by individual and no specific outcome is promised.

7. Right to Refuse or Terminate Participation

The Facilitator reserves the right, at her sole discretion and without liability, to refuse, suspend, or terminate the participation or access of any individual at any time — before, during, or after a Service — where she considers that continued participation may pose a risk to the Participant, to other participants, to the integrity of the

Service, or to the Facilitator herself, or where the Participant has breached this Agreement.

8. Confidentiality and Privacy

By participating, I agree to uphold strict confidentiality regarding any information shared during and after the Services. This includes refraining from disclosing or disseminating personal teachings, experiences, insights, or discussions of any individual participant to anyone outside the group, under any circumstances. No recording — audio, video, screenshot, or transcription — of any sharing or teachings is permitted without the Facilitator's prior written consent. The Facilitator will handle my personal information in accordance with applicable privacy laws and her published Privacy Policy.

9. Intellectual Property

All content created and shared by the Facilitator — including but not limited to the structure of the sessions, guided instructions, written materials, audio, recordings, video lessons, demonstrations, exercises, the methodology of the “Boreal Method™”, the format and sequencing of Active Consciousness Meditation / Ananda Mandala as taught by the Facilitator, and any associated teachings — is the intellectual property of Juulia Lindeman. It is provided to me for personal, non-commercial use only. I shall not reproduce, record, re-teach, replicate, distribute, publish, or commercially exploit any portion of this content, in whole or in part, under any name, without the Facilitator's prior written consent.

10. Release of Liability and Waiver of Claims

To the fullest extent permitted by applicable law, I hereby irrevocably release, waive, discharge, and covenant not to sue Juulia Lindeman, together with any co-hosts, assistants, guest teachers, technical providers, venue providers, agents, representatives, and successors (collectively, the “Released Parties”), from any and all liability, claims, demands, actions, causes of action, suits, losses, costs, expenses, and damages of any kind — whether known or unknown, foreseen or unforeseen, in contract, tort, negligence, or any other legal theory — arising from or related in any way to my participation in, preparation for, or integration after any Service. This includes, without limitation, any health complications, physical or psychological injury, emotional distress, property damage, technical interruption, economic loss, or any consequence of my own application — or a third party's application — of any technique I have learned from the Facilitator.

11. Indemnification

I agree to indemnify, defend, and hold harmless the Released Parties from and against any and all third-party claims, liabilities, damages, judgments, fines, penalties, costs, and expenses (including reasonable attorneys' fees) arising out of or relating to: (a) my participation in any Service; (b) my breach of this Agreement; (c) any false, incomplete, or misleading information I provide, including any failure to disclose contraindications; (d) my violation of any law or of the rights of any third party; or (e) my application of any technique learned from the Facilitator on any other person.

12. Limitation of Liability

To the maximum extent permitted by applicable law, in no event shall the total aggregate liability of the Released Parties, arising out of or relating to this Agreement or my participation in any Service, exceed the total amount actually paid by me to the Facilitator for the specific Service giving rise to the claim. In no event shall the Released Parties be liable for any indirect, incidental, special, consequential, exemplary, or punitive damages, including lost profits, lost opportunities, loss of data, or loss of goodwill, even if advised of the possibility of such damages.

13. Force Majeure

The Facilitator shall not be liable for any delay, interruption, or failure to perform under this Agreement caused by circumstances beyond her reasonable control, including but not limited to illness, injury, family emergency, natural disaster, power or internet outage, platform failure, venue closure, transport disruption, acts of governmental authority, war, civil unrest, or pandemic.

14. Governing Law, Jurisdiction and Dispute Resolution

This Agreement shall be governed by and construed in accordance with the laws of the country of the Facilitator's habitual residence at the time of the Service, without regard to its conflict-of-law provisions. The Participant and the Facilitator agree that any dispute, claim, or controversy arising out of or relating to this Agreement or any Service shall first be addressed through good-faith informal negotiation for a minimum period of thirty (30) days. If the dispute is not resolved, it shall be submitted to final and binding arbitration administered under internationally recognised arbitration rules, conducted in the English language, and seated in the country of the Facilitator's habitual residence. The Participant expressly **waives any right to participate in a class, collective, or representative action** and waives any right to a jury trial to the fullest extent permitted by applicable law.

15. Time Limitation on Claims

Any claim or cause of action arising out of or related to this Agreement or my participation must be filed within one (1) year after such claim or cause of action arises, or it shall be forever barred, notwithstanding any statute of limitations to the contrary, to the fullest extent permitted by applicable law.

16. Severability and Waiver

If any provision of this Agreement is held by a court or arbitrator of competent jurisdiction to be invalid, illegal, or unenforceable, that provision shall be modified to the minimum extent necessary to make it valid and enforceable, or, if not possible, severed from this Agreement, and all remaining provisions shall remain in full force and effect. No failure or delay by the Facilitator to enforce any provision shall be construed as a waiver of that or any other provision.

17. Entire Agreement and Amendments

This Agreement, together with any service-specific intake form, registration form, or Privacy Policy referenced at the point of booking, constitutes the entire understanding between the Participant and the Facilitator concerning the Services and supersedes all prior or contemporaneous oral or written communications, representations, promises, or agreements. The Facilitator may update this Agreement from time to time; the version in force at the time of booking, registration, or first access shall apply to that Service.

18. Electronic Acknowledgment

I acknowledge that my booking, registration, payment, written confirmation (by email or messaging platform), checkbox acceptance on a website, or electronic signature constitutes my binding agreement to these Terms and Conditions with the same force and effect as a handwritten signature.

19. Effectiveness and Survival

This Agreement takes effect on **1 May 2026** and remains in force indefinitely from that date, until amended or replaced by the Facilitator. As to each individual Participant, the Agreement is effective upon the earliest of: (a) booking or registering for a Service; (b) making payment; (c) joining a Service; or (d) being granted access to any digital materials. It shall remain valid indefinitely, including after the completion of any Service, and shall survive its conclusion. The release of liability, indemnification, limitation of liability, confidentiality, intellectual property, governing law, dispute resolution, and time-limitation provisions shall survive termination of this Agreement.

PART II — SERVICE-SPECIFIC PROVISIONS

Section A — Online Active Consciousness Meditation / Ananda Mandala

A.1 Application

This Section A applies to all online sessions of Active Consciousness Meditation / Ananda Mandala, group or 1:1, delivered via video conferencing or streaming platforms — including any session that the Facilitator may market or describe externally as “online breathwork” or “breathwork-style” practice (see Section 1.4).

A.2 Contraindications, Risks and Self-Screening

The plain-language list of contraindications set out in the “Before you book” front section of this document forms part of this Agreement and applies in full. It is incorporated here by reference and must be read together with this Section A.2.

Active Consciousness Meditation / Ananda Mandala includes cycles of rapid, deep, active breathing that alter blood chemistry, blood pressure, oxygen saturation, intra-cranial and intra-thoracic pressure, and the autonomic nervous system. The practice can therefore aggravate or trigger a wide range of medical, psychiatric, neurological, respiratory, ophthalmic and obstetric conditions. The Participant agrees to self-screen honestly and, in any case of doubt, to consult a qualified medical professional before participating. The Facilitator relies entirely on the Participant’s disclosures.

A.2.1 Severity of risk — acknowledgment of permanent injury and death

The Participant **specifically acknowledges** that the rapid breathing portion of this practice carries a real, non-zero risk of serious adverse outcomes, including without limitation: hyperventilation, tetany, loss of consciousness, fainting, seizure, cardiac event, stroke, psychological crisis, severe and lasting emotional distress, **permanent disability**, and — in the most extreme cases, particularly those involving an undisclosed or **undiagnosed** medical condition — **death**.

The Participant understands that such outcomes are **rare but real**, and that they may occur even where every disclosed condition has been screened, every contraindication respected, and every safety guideline followed, because the Participant may carry a condition that is undiagnosed at the time of the session, asymptomatic, or otherwise unknown to either the Participant or the Facilitator. The Participant **knowingly, voluntarily, and irrevocably assumes all such risks**, including those that cannot be anticipated.

The Facilitator **shall not be held accountable or liable, in any form**, for any adverse outcome — including permanent disability or death — arising from a condition that was not disclosed by the Participant, that was undiagnosed at the time of the session, or that neither party could reasonably have known about at the time of participation. This acknowledgment is in addition to, and not in substitution for, the release of liability, indemnification, and limitation of liability provisions set out elsewhere in this Agreement.

A.2.2 Substances before and after a session

The Participant must **not** be under the influence of alcohol, cannabis, MDMA, psychedelics, or any recreational substance before, during, or for at least twenty-four (24) hours after a session. Heavy caffeine intake immediately before a session is also discouraged, as it amplifies the cardiovascular response.

A.2.3 General participation rule and residual risk

If any contraindication applies — whether listed in the “Before you book” front section above or not specifically listed at all — the Participant may at most join the meditation portion of the session using a gentle, natural breath. For individuals with active suicidal ideation or severe depression, participation is permitted only under the explicit written approval of a licensed mental health professional, and the Participant must ensure they have direct, immediate access to that professional — or to a functioning local emergency number — following the session, in case they feel unable to ground themselves.

The Participant acknowledges that the contraindication lists in this Agreement (whether in the front section or in this Section A.2) are **illustrative only and not exhaustive**. Any condition, medication or history that the

Participant is uncertain about must be discussed with a qualified medical professional *before* participating; in the absence of such advice, the Participant must err on the side of caution and either abstain or join only the meditation portion with a gentle, natural breath.

A.3 Personal Safety — Recommended (No Emergency Contact Collected)

The Facilitator does not collect, request, or hold the details of an emergency contact. For my own safety, however, I am strongly encouraged — though not required — to put the following arrangement in place before any online session:

- **Notify a trusted person** (family member, partner, friend, neighbour) that I am participating in an online breathwork or active meditation session, and share the approximate start and end time of the session.
- **Promise that person I will send a quick message immediately after the session** confirming that I am well.
- **Agree that if they do not hear from me** within a reasonable period after the session is due to end, they will attempt to reach me directly — by call, message, or, if appropriate, in person.
- **Agree that if they cannot reach me**, they will contact my local emergency services on my behalf.

I understand and accept that this arrangement is entirely my personal responsibility. The Facilitator does not organise, supervise, verify or hold any record of it. The Facilitator is likely located in a different country from me and cannot contact emergency services in my jurisdiction in any event. The ultimate responsibility for my environment, my physical safety, and any emergency response remains mine alone.

A.4 Online Environment

- **Physical Space:** I am solely responsible for securing a safe, hazard-free physical space for the session. Because this is a digital session, the Facilitator cannot provide physical intervention, cannot monitor my environment, and cannot assist me physically in any way.
- **Prohibited Activities:** I am strictly prohibited from participating while driving, operating machinery, supervising a child or dependent, or being in or near a body of water — such as a bathtub, pool, lake, or sea — due to the risk of temporary loss of consciousness, disorientation, or altered awareness.
- **Technical Issues:** the Facilitator is not liable for technical failures, internet outages, platform disruptions, audio or video problems, or any connectivity issues that may interrupt or terminate guidance.

Section B — In-Person Active Consciousness Meditation / Ananda Mandala — Workshops, Events, Retreats and Group Sessions

B.1 Application

This Section B applies to all in-person workshops, group sessions, events, retreats, and gatherings centred on Active Consciousness Meditation / Ananda Mandala held in physical venues, whether organised by the Facilitator alone or jointly with third parties — including any such event that the Facilitator may market externally as “in-person breathwork” or “breathwork-style workshop” (see Section 1.4).

B.2 Contraindications and Self-Screening

The contraindications set out in Section A.2 apply equally to in-person breathwork and active meditation sessions. The Participant agrees to self-screen and to disclose any relevant condition prior to participation.

B.3 Venue, Travel and Personal Property

- **Travel & Arrival:** The Participant is solely responsible for safe travel to and from the venue and for any travel, accommodation or insurance arrangements they make in connection with an event.
- **Venue Conditions:** The Facilitator may host events at venues operated by third parties. Any structural, sanitary, or environmental conditions of such venues are the responsibility of the venue owner or operator and not of the Facilitator. Where the venue is owned or directly controlled by the Facilitator, the Participant

remains responsible for moving with reasonable care, observing posted notices, and following the Facilitator's instructions.

- **Personal Property:** The Participant brings personal items at their own risk. The Facilitator is not responsible for any personal property that is lost, stolen, or damaged before, during, or after an event.

B.4 Physical Movement and Touch

- **Movement Risks:** Breathwork, active meditation, embodied practices and group exercises may cause dizziness, nausea, fainting, emotional release, involuntary movement, or temporary loss of motor control. The Participant assumes all risks of falling, collision, or injury and agrees to listen to their body, rest when needed, and follow the Facilitator's safety guidance.
- **Hands-On Adjustments / Supportive Touch:** Where physical assistance, hands-on adjustments, or supportive touch is offered, it is offered only with the Participant's explicit, freely given consent and may be declined or revoked at any time without justification. Any touch given by the Facilitator is supportive and non-clinical. **The Facilitator is not a licensed massage therapist, physiotherapist, osteopath or bodyworker and does not provide medical treatment.**
- **Inter-Participant Conduct:** Where partner or group exercises are proposed, no Participant is required to take part. Each Participant remains responsible for the manner in which they touch or interact with others and for respecting another Participant's refusal or withdrawal of consent.

B.5 Code of Conduct

The Participant agrees to:

- treat the Facilitator and other participants with respect;
- refrain from physical or verbal aggression, harassment, or non-consensual touch toward any other participant;
- not attend under the influence of alcohol or non-prescribed substances;
- not record, photograph, or film the Facilitator or other participants without explicit consent;
- follow all safety instructions given by the Facilitator or venue staff.

Breach of this Code of Conduct is grounds for immediate exclusion from the event without refund and without further obligation on the part of the Facilitator.

B.6 Cancellation and Refunds (In-Person)

- **Participant Cancellation:** cancellations made more than fourteen (14) days before the event date receive a full refund less any non-refundable third-party fees. Cancellations between thirteen (13) and seven (7) days before the event date receive a 50% refund or, at the Participant's election, a credit toward a future event of equivalent value. No refunds are provided for cancellations made within seven (7) days of the event, including no-shows.
- **Facilitator Cancellation:** if the Facilitator cancels an event for any reason, the Participant is entitled to a full refund of fees paid or, at the Participant's election, a credit toward a future event. The Facilitator's liability for cancellation is strictly limited to the refund of fees paid and shall **not** extend to travel, accommodation, lost wages, or any other indirect or consequential cost.
- **Force Majeure Cancellation:** in the event of cancellation due to force majeure (Section 13), the Facilitator will use reasonable efforts to reschedule or to issue a credit; cash refunds are not guaranteed and will be offered only at the Facilitator's reasonable discretion.

B.7 Photography and Filming at Events

The Facilitator may photograph or film events for promotional or educational purposes. The Participant will be informed in advance and may opt out by written notice to the Facilitator at any time before or during the event. Where the Participant has not opted out, the Facilitator is granted a non-exclusive, royalty-free, worldwide

licence to use such material in connection with the promotion of her work.

Section C — Online Self-Paced Training: Become Certified Boreal Method™ Practitioner

C.1 Application and Description

This Section C applies to the online, self-paced training program offered by the Facilitator under the title “Become Certified Boreal Method™ Practitioner — Online Training” (the “Program”). The Program is hosted on the third-party platform Podia (podia.com) and delivered exclusively through pre-recorded video lessons accompanied by written materials, two guided meditations, two curated atmospheric playlists, ready-made marketing creatives, and a Meta Ads video guide.

The Boreal Method™ (the “Method”) is a multisensory protocol that integrates the following five elements into a single session: (i) the use of a commercially available **acupressure mat** on which the client **stands** (with bare feet) for a brief, defined period as guided by the practitioner; (ii) the use of **sound** — singing bowl, Koshi chime, and rainstick — played by the practitioner; (iii) the use of **essential oils applied only to the practitioner’s own hands or to a towel**, never in direct skin contact with the client; (iv) **gentle intuitive touch on the face, hands and feet of the client only**, with no forceful, vigorous or manipulative movements; and (v) **Reiki or an equivalent energy-healing modality**, which the Participant must already practise (see Section C.2). The Program also includes a marketing and business component (see Section C.10).

C.2 Prerequisite — Existing Energy Healing or Reiki Training

The Program is offered exclusively to practitioners who are already trained and established in Reiki or another form of energy healing of equivalent depth. **The Program does not teach, and is not intended to teach, the foundations of energy work.** By enrolling, the Participant warrants that they meet this prerequisite. The Facilitator does not verify, validate, or supervise the Participant’s prior training. The Participant accepts that without an adequate energy-healing foundation a major part of the protocol cannot be properly delivered, and the Participant assumes full responsibility for any consequence of attempting to apply the Method without such a foundation.

C.3 Educational, Non-Medical Nature — Express Disclaimer

The Program is strictly educational. It is not a regulated healthcare training, a medical or paramedical qualification, a massage therapy diploma, or a certification of clinical competence of any kind. It does not confer any title, license, or right to practice that is recognised by any regulatory body, professional order, or governmental authority.

The Facilitator expressly states that she is not a licensed massage therapist, physiotherapist, osteopath, chiropractor, occupational therapist, aromatherapist, sound therapist, acupuncturist, or any other licensed bodywork or healthcare professional. The Method is presented as a sensory experience designed to support the Participant’s existing energy-healing practice, not as a clinical treatment or medical intervention. The Facilitator makes no claim that the Method, or any element of it, treats, cures, prevents, or diagnoses any illness or condition.

C.4 No Live Supervision; Self-Paced Format

The Participant acknowledges that the Program is delivered exclusively through pre-recorded video. There is **no** live demonstration, no real-time supervision, no individual feedback on technique, and no clinical observation of the Participant’s practice. The Participant is solely responsible for understanding the materials, applying them safely, observing their own physical limits, and seeking outside instruction or supervision where appropriate.

C.5 Modality-Specific Risks

The Participant acknowledges that each element of the Method carries its own profile of inherent risks. The Facilitator makes no representation or warranty that the Method, or any element of it, is universally safe for every client under every condition. Without limitation:

- **Acupressure mat (standing use only):** the client **stands** on the mat with bare feet for a brief, defined period under the practitioner’s guidance; the client does **not** lie on the mat. Standing on the mat may cause:

intense initial sensation under the feet, discomfort, skin irritation, small puncture-like marks, foot soreness, lightheadedness, vagal response, dizziness, loss of balance and risk of **falling**. The Participant agrees to (a) ensure the client has a stable nearby support (wall, chair, or the practitioner's arm) to hold on to throughout, (b) supervise the client at all times while on the mat, (c) limit standing time appropriately, and (d) screen for the following contraindications and refuse to use the mat where any apply: pregnancy; any open wound, cut, blister, fungal infection, athlete's foot, eczema, psoriasis or skin condition affecting the sole of the foot; diabetic foot or peripheral neuropathy (loss of sensation in the feet); recent foot, ankle or lower-limb surgery or fracture; blood thinners or any bleeding disorder; varicose veins or fragile veins of the lower limbs; very thin or fragile skin; low blood pressure with marked tendency to faint; severe vertigo, balance disorder or any condition that increases the risk of falling; and any condition for which the mat manufacturer indicates a contraindication. The Participant uses the mat in accordance with the manufacturer's instructions and remains solely responsible for the safe positioning and supervision of the client throughout.

- **Sound elements (singing bowl, Koshi chime, rainstick):** vertigo, headache, hearing sensitivity at close range, intense emotional release, and — in clients with audiogenic or photosensitive epilepsy — a potential trigger for seizure. The Participant agrees to screen for and respect such contraindications and to use the instruments at a reasonable volume and distance.
- **Aromatherapy (airborne; on practitioner's hands or a towel only):** airborne exposure to essential oils may, depending on the client's individual condition, trigger allergic reactions, asthma attacks, headaches, nausea, sensitivities during pregnancy, and respiratory irritation. The Participant agrees to inform the client which essential oils will be present, to obtain consent before introducing scent into the space, to ventilate appropriately, and **under no circumstances to apply essential oils directly to the client's skin**. Any use of essential oils on the practitioner's own hands or skin remains the Participant's own responsibility.
- **Intuitive touch on face, hands and feet (gentle, non-forceful only):** skin irritation, allergic reaction to any product on the practitioner's hands, bruising, joint or nerve sensitivity, jaw or temporomandibular discomfort, vagal responses, and the surfacing of suppressed emotion. The Participant agrees to apply only gentle, non-vigorous, non-manipulative touch as taught and to refrain from any movement resembling deep tissue, manipulative, or therapeutic massage.
- **Reiki or equivalent energy modality:** the Facilitator does not teach this element and assumes no responsibility for the Participant's energy-healing practice. The Participant relies on their own prior training, certification, professional code of conduct, and applicable regulatory framework when delivering this element.

C.6 Equipment Purchased by the Participant

The acupressure mat, the sound instruments (singing bowl, Koshi chime, rainstick), and the essential oils are **not** provided as part of the Program and are **not included in its purchase price**. The Participant is solely responsible for selecting, sourcing, purchasing, storing, maintaining, cleaning, and using all equipment in accordance with the manufacturer's instructions, applicable safety standards, and any local regulation governing essential oils, sound equipment, or wellness products. The Facilitator is not the manufacturer, distributor, retailer, or warrantor of any equipment recommended in the Program and accepts no liability for product defects, recalls, manufacturer claims, hygiene between clients, or any consequence of misuse.

C.7 Practising on Others — Participant's Own Compliance

The Participant understands that if they apply the Method to other people — whether for compensation, donation, exchange, or for free — the Participant is **solely responsible** for:

- complying with all laws, regulations, and professional licensing requirements applicable in their jurisdiction (including, where relevant, regulation of bodywork, energy healing, sound therapy, the use of essential oils, and the marketing of wellness services);
- maintaining their own professional indemnity / public liability insurance, business registration, and any other authorisation required to practise lawfully;

- screening every client for contraindications across each modality used in the session and refusing to deliver any element of the Method whose contraindications the client presents;
- obtaining the client's full informed consent in respect of **every** modality used in the session, including airborne aromatherapy and sound, and respecting the client's right to withdraw consent at any time;
- representing the Method accurately and not implying that it confers any healthcare, paramedical, massage-therapy or other regulated qualification;
- maintaining strict hygiene of all equipment between clients.

The Facilitator is not, and shall not become, a party to any agreement, transaction, or relationship between the Participant and a person on whom the Participant practises. Any liability arising from the Participant's later application of the Method to others rests **exclusively with the Participant**.

C.8 Misapplication and Variation in Practice

The Method is designed to be gentle and to avoid forceful manipulation. The Facilitator does not warrant, however, that any element of the Method is risk-free in every context: any technique can cause harm if applied with excessive pressure, on inappropriate tissue or at inappropriate volume, on a person with an undisclosed contraindication, or in any manner inconsistent with the Program's instructions. The Participant **fully and irrevocably releases** the Facilitator from any and all liability arising from misapplication of the Method, deviation from the instructions, or any subsequent variation introduced by the Participant — whether applied by the Participant on themselves, by the Participant on a third party, or by a third party who has been instructed or influenced by the Participant.

C.9 Certified Boreal Method™ Practitioner Certificate

Upon successful completion of the Program, the Participant may receive a personal "Certificate of Completion in the Boreal Method™" issued by the Facilitator. The Participant acknowledges and agrees that this certificate:

- is a private, non-accredited acknowledgment by the Facilitator only;
- recognises completion of the Program and nothing more;
- is **not** a healthcare credential, paramedical qualification, regulated certification, government-recognised licence, or third-party accreditation;
- does **not** authorise the holder to practise any activity that they are not already authorised to practise in their jurisdiction;
- does not replace, modify, or extend any pre-existing licence, certification, or scope of practice the Participant holds in energy healing, Reiki, or any other modality;
- is granted on a personal basis and may not be transferred, sold, or assigned;
- may be revoked by the Facilitator if the Participant misrepresents the certificate, breaches this Agreement, or brings the Method into disrepute.

In any marketing, advertising or representation to the public, the Participant agrees to refer to the certificate accurately (for example as "Certified Boreal Method™ Practitioner") and not to imply that it confers a regulated healthcare or paramedical qualification.

C.10 Marketing Component, Income Disclaimer and Business Advice

The Program includes a marketing and business component developed by or in collaboration with a marketing specialist, comprising — without limitation — ready-made marketing creatives, a Meta Ads video guide, guidance on lead-collection automations (including via WhatsApp Business), and general suggestions on positioning and pricing the Method (the "Marketing Component"). The Participant acknowledges and agrees as follows:

- **General Information Only:** the Marketing Component is general informational content based on the Facilitator's personal experience. It is **not** legal, tax, financial, regulatory, advertising, or business advice.

The Participant should obtain professional advice in their jurisdiction before relying on any element of the Marketing Component.

- **No Income or Result Guarantee:** the Facilitator’s personal experience of moving from a “side job” to a full-time practice is shared as personal anecdote and is not representative of typical results. The Facilitator makes **no representation, warranty, or guarantee** — express or implied — of any income, lead volume, client volume, conversion rate, return on advertising spend, business outcome, or professional success. Results depend on the Participant’s own market, skill, capital, effort, ethics, and circumstances.
- **Meta / Facebook / Instagram Compliance:** the Participant alone is responsible for complying with Meta’s Advertising Policies, Community Standards, and Terms of Service; with all applicable consumer-protection, advertising and health-related advertising laws in their jurisdiction; and with all applicable rules regarding testimonials and endorsements. The Facilitator is not affiliated with or endorsed by Meta, Facebook, Instagram, or WhatsApp, and is not responsible for any account suspension, ad disapproval, policy change, or platform action affecting the Participant.
- **WhatsApp & Lead Automation:** the Participant alone is responsible for complying with WhatsApp’s Business Solution Terms and with all applicable data-protection and electronic-communications laws (including, without limitation, the EU/UK General Data Protection Regulation, the ePrivacy framework, and equivalent regimes) when collecting, storing, and contacting leads.
- **Marketing Creatives — Limited Licence:** the ready-made marketing creatives provided in the Program are licensed to the Participant on a personal, non-exclusive, non-transferable, revocable basis solely for the purpose of promoting the Participant’s own offering of the Method. The Participant shall not (a) resell, redistribute, sublicense, or share the creatives; (b) modify the creatives in a manner that misrepresents the Method or the Facilitator; (c) use the creatives in any campaign that breaches a platform’s advertising policy or applicable law.

C.11 Access, Refunds and Digital Delivery

- **Hosting Platform:** the Program is hosted on the third-party platform Podia (podia.com). Access to the Program is therefore subject to Podia’s own terms of service and uptime. The Facilitator is not liable for technical failures, hosting outages, account interruptions, or interface changes attributable to Podia, provided she takes reasonable steps to restore access within a reasonable period.
- **Access:** upon payment, the Participant receives access to the Program via Podia. Access is personal, non-transferable, and granted for the duration specified at the point of purchase.
- **Refunds — Waiver of Cooling-Off Right:** because the Program is digital content delivered immediately upon payment, the Participant **expressly requests immediate access** and, to the fullest extent permitted by applicable law, **expressly waives any statutory cooling-off period or right of withdrawal** that would otherwise apply to the purchase of digital content. No refund will be issued once the Participant has accessed any portion of the Program. In exceptional circumstances, the Facilitator may, at her sole discretion, offer a partial refund or a credit toward another Service.

C.12 Intellectual Property in Program Materials

All Program materials — including the name and methodology of the “Boreal Method™” (a trademark claimed by the Facilitator), the video lessons, the written guides, the two guided meditations, the two curated atmospheric playlists, the ready-made marketing creatives, the Meta Ads video guide, and any other content provided through the Program — are the exclusive intellectual property of the Facilitator (or, where applicable, of the third parties from whom the Facilitator has duly licensed them). Access to the Program grants the Participant a personal, non-exclusive, non-transferable, revocable licence to view and use the materials for their own learning and, in the case of the marketing creatives, for the limited purpose set out in Section C.10. The Participant shall not use the name “Boreal Method™”, or any confusingly similar name, in connection with any service or material they offer, **except** for accurate self-description as a “Certified Boreal Method™ Practitioner” in the manner permitted by Section C.9. In addition, the Participant shall not:

- record, screenshot, transcribe, or download (other than where the platform expressly permits) any portion of the materials;
- redistribute, share, broadcast, or upload the materials, in whole or in part, on any platform or channel;
- re-teach, replicate, or commercially exploit the methodology, in whole or in part, under any name, without the Facilitator's prior written consent;
- share login credentials or transfer access to any third party.

Breach of this provision may result in immediate revocation of access without refund and shall entitle the Facilitator to seek injunctive relief and damages.

First use of the mark. The Facilitator asserts that the name "Boreal Method™" was first used in commerce by her on **1 May 2026**, being the effective date of this Agreement and the date on which the Program and the associated Services were first offered to the public under this name. This date is recorded here as evidence of first commercial use of the mark.

ACKNOWLEDGMENT AND CONSENT

By booking, registering, paying for, joining, downloading, or otherwise accessing any of the Services described in this Agreement, the Participant confirms that they have read, understood, and had the opportunity to ask questions about every provision of this Agreement; that they are at least eighteen (18) years of age; that all information provided in any separate intake or registration process is true and complete; and that they voluntarily agree to be bound by these Terms and Conditions in their entirety, including the service-specific provisions set out in Part II that apply to the Service(s) for which they are registering.

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