



Level 1: The Art of Self Care Course

Liability Agreement

Please read thoroughly and after signing submit to Amb Day Spa
email amb@ambdayspa.com

I am responsible for my own experience at the Art of Self Care and Level 1 Certification in Durham, North Carolina. I understand that course is a vaginal steam training to teach the specific yoni steam method to learn the basics of yoni steaming from the privacy of my home.

I understand the Yoni Steam and this course is a Holistic Health service provided solely to assist me in attaining and maintaining optimum health, and at all times my healing is my sole responsibility. I understand that it is Amb Day Spa belief that when given the proper nourishment, mentally, physically and spiritually, the body has the ability to heal itself.

I understand that this program can be demanding on many levels and that even though we have a set time frame for this class we will use additional time if necessary as we the day to flow.

I understand that this during this training I will be exploring new territory and that Amb Day Spa is not responsible for any physical or psychological risk I choose to take in my education, instruction and activities.

I understand that Amb Day Spa is not responsible for managing and attending to every student's personal needs. I understand that the curriculum has been designed to meet the optimal education for the majority of the participants present and that areas of this training may have content that doesn't work for me or align with my individual beliefs.

During this training, I alone will monitor what is best for me and safe for me. I understand that I can stop my participation in any experience at any time if it does not feel safe. Although my attendance is required in every session for me to become Certified in the Art of Self Care Level 1, my participation is never required if I feel unsafe in any way. It is my responsibility to speak up, or take myself out of an experience, if I feel unsafe. I do not expect the instructor to know and take care of my needs

I understand that this training does not cover the necessary techniques, safety and hygiene requirements necessary for me to provide Yoni Steaming to others people outside of myself professionally. I understand that the Art of Self Care Instructor/Practitioner is not a physician and therefore do not diagnose, cure, treat or prevent/ or claim to diagnose, treat or prevent any dis-ease or prescribe drugs.

I understand that I am required to advise the Yoni Steam Instructor/Practitioner of any conditions, including Pregnancy that prevents me from receiving the Yoni Steam treatment.

Substance Use

The use of recreational drugs is prohibited during this training and is not allowed on the premises. Violation of this policy at any time during the training will result in dismissal from the program without refund.

Social Media and Posting of Photographs and Videos

Permission is required beforehand if you wish to post any photographs, video and audio record aspects of your program experience on various social media sites, such as You Tube, Facebook, Instagram, etc.

Confidentiality

I am hereby advised that all records rendered by Amb Day Spa concerning my care is confidential and will not be released without your written consent, unless otherwise required by law. I understand that the nature of this retreat is done within a sister circle setting and that each member present is responsible for keeping the stories that we share during our time together confidential as well.

Release of Liability

After being informed of the above risks and responsibilities, I generally release Yoni Steam, together with its instructors and other representatives, from all claims, causes of action, medical expenses, and other costs related to my participation, whether they arise during my training or from my later use of information or care at home.

By signing this agreement, I will abide by the terms of this Yoni Steam for Personal Care Level 1 Certification and Initiation. and accept Yoni Steam's policies and enter into a legally binding general release of Liability.

Signature: _____ Date: _____