

Sark Serenity Disclaimer

Yoga Disclaimer:

The yoga sessions provided are designed to support your physical and mental well-being. However, please note that I am not a licensed healthcare provider, and yoga is not a substitute for medical or psychological treatment. If you have any pre-existing health conditions, injuries, or concerns, I recommend consulting with your doctor or a qualified healthcare professional before participating in yoga sessions.

By participating in yoga, you acknowledge that you are responsible for your own health and well-being during the practice. Please listen to your body and practice within your limits. If you experience any discomfort or pain during the session, please stop and inform me immediately. Yoga is intended to be a positive and beneficial practice, and individual results may vary.

Reiki Disclaimer:

Reiki is a complementary therapy intended to promote relaxation, stress reduction, and overall wellbeing. Please note that Reiki is not a substitute for medical or psychological treatment. If you have any physical or mental health conditions, please consult with your doctor or healthcare professional before receiving Reiki sessions.

By participating in a Reiki session, you acknowledge that you are responsible for your own well-being. While Reiki may support healing and relaxation, it is not intended to diagnose, treat, or cure any medical or psychological conditions. If you experience any discomfort or have concerns during or after the session, please let me know so we can adjust the treatment accordingly.

Massage Disclaimer:

Massage therapy is a complementary service intended to promote relaxation, reduce muscle tension, and support overall well-being. Please note that massage therapy is not a substitute for medical care, physical therapy, or mental health treatment. If you have any medical conditions, injuries, or concerns including but not limited to chronic pain, recent surgery, pregnancy, or circulatory issues please consult with your doctor or healthcare professional before receiving massage therapy.

By participating in a massage session, you acknowledge that you are responsible for your own health and wellbeing. While massage may help relieve stress and discomfort, it is not intended to diagnose, treat, or cure any medical condition. Please communicate openly about your comfort level and any sensations you experience during the session. If you feel pain, discomfort, or have concerns at any time during or after the massage, let me know so adjustments can be made accordingly.