



USER AGREEMENT

Access will be granted to the Programme materials for a total of 8 weeks from commencement. The materials include video, audio and written materials. You acknowledge that any and all intellectual property including but not limited to audio and visual presentations, documents, images, designs, trademarks are the sole intellectual property of Feel Free Health Limited. You are not being granted any right, license, ownership or any other right of interest in the intellectual property and the materials cannot be copied or shared.

Only You are being granted access to the Programme and during the Programme you will be given access to Feel Free Health Limited proprietary information. You shall not use, sell, teach, provide or make available to any third party any of the Feel Free Health Limited proprietary information. You warrant that the information provided in the Programme will be used solely for your own personal use.

The breathing exercises used in the Programme can have strong physiological effects, and must be practiced as instructed. As the breathing methods are designed to improve relaxation, these should always be performed in a safe environment, sitting or lying down. The exercises should not be practiced before or during diving, driving, swimming, taking a bath, or in any other circumstance where loss of consciousness could result in bodily harm.

The basic mobility sequence is designed for healthy individuals with no pre-existing injuries (especially to the spine). If for any reason you have injuries that could be exacerbated by this movement sequence, please check with your doctor prior to starting. If you are limited in your mobility please reduce the range of motion and go slowly to prevent injury and to promote progressive results over a longer period of time.

All users of the videos do so at their own risk and understand it is not intended to prescribe, cure or heal any condition or injury. All videos are for information purposes only and all movement practices have the potential to cause a form of injury. If you are pregnant have cardiovascular disease or any other serious health condition, consult your Doctor before undertaking this Programme.

I acknowledge that no guarantees have been made to me. I confirm that I understand all of the above and consent to the activities in the Feel Free Programme. This Consent contains the entire Agreement between the parties