

Terms and Conditions of participation to Awareness Through the Body - ATB workshops or sessions

For whom are the terms and conditions?

These terms and conditions are applicable to anyone participating in a training, session, coaching or other type of activity organized by Awareness Through the Body.

Own risk and liability

In attending Awareness Through the Body workshops or other ATB activities you agree to release from liability and hold harmless all teachers and developers of ATB for any injury or discomfort resulting from practicing the exercises. You acknowledge that all participation is optional, and while attending this course agree to take full responsibility for your own actions and their results. You also recognize that the exercises introduced in Awareness Through the Body may cause mildly altered states of perception, and that should you engage in potentially dangerous activities following the course they do so at your own risk.

ATB facilitators and trainers are also not responsible for damage and/or loss of your property.

Each trainer - facilitator is responsible for his/ her own training activities, therefore other specific terms and conditions may apply in addition to the ones mentioned in this document.

You are responsible for your own health. This means that you must be aware of the limits of your own abilities. If you have any health complaints or doubts about your participation, please report this to the facilitator or trainer, so that your situation can be discussed and possible consideration can be given to you. In any case, we ask you to report pregnancy or psychological complaints in advance.

When you enroll in any ATB activity please ensure that you inform the facilitator about any physical limitations, allergies, pregnancy, etc, as well as any relevant information at the psychological level, regarding the emotional or mental parts of your being.

Confidentiality

We will treat the information you share with us in the strictest confidence. It will not be shared with third parties unless you give us permission or a judge orders it.

By enrolling in any ATB activity you agree to keep confidential all conversations, experiences, interactions, and personal information pertaining to other participants and to the instructors of this course. They acknowledge and agree that whatever is shared by participants in the privacy of this course shall not be shared or repeated outside of this course without their express consent.

Handouts and materials

All handouts and materials presented during the courses are proprietary, copyrighted material, for use within the Awareness Through the Body trainings only. None of this material may be republished, reproduced or distributed in any way, including online, without prior explicit written permission from Aloka Marti or Joan Sala. By enrolling in any ATB activities you agree to these terms.

Get in touch with us

If you have any concern regarding the practice of ATB please contact us. We would be happy to assist you in any way we can.