

## **Transformational Coaching, Spiritual Mentorship, Sound Healing Sessions, Workshops, and Retreats – Liability Waiver and Media Release**

### **Purpose:**

This waiver applies to any in-person or virtual event, including but not limited to workshops, sound journeys, retreats, transformational coaching, or spiritual mentorship.

This document is intended to inform and protect all participants in any event, circle, sound journey, workshop, or retreat facilitated by Luz Stella Cárdenas. By signing or agreeing to this waiver, you acknowledge your personal responsibility and release the facilitator from liability for any risks associated with participation.

### **Assumption of Risk:**

I understand that the activities offered by Luz Stella Cárdenas may include meditation, breathwork, sound healing, energy practices, light physical movement, and emotional or spiritual exercises. I acknowledge that participation may result in physical, mental, or emotional responses that are natural to the healing process.

I accept full responsibility for my own well-being and participation and release Luz Stella Cárdenas from any and all liability, claims, or damages that may arise from my involvement.

I hereby release Luz Stella Cárdenas and any assisting facilitators from all liability, claims, or demands for injuries, emotional distress, or damages arising from my participation.

### **Health Disclosure:**

I certify that I am physically, emotionally, and mentally capable of participating and that I have informed the facilitator of any conditions that may require caution or adjustment.

### **Confidentiality & Respect:**

I agree to respect the privacy and confidentiality of all participants. I will not share or reproduce any personal information or experiences that occur within the session or retreat space.

### **Media Release:**

I grant permission for Luz Stella Cárdenas to use photographs, video, or audio recordings taken during events for promotional, educational, or marketing purposes.

☐ I consent      ☐ I do not consent



**Acknowledgment:**

I have read and understood this Liability Waiver and Media Release. I voluntarily agree to these terms and participate at my own risk.

**Participant Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_