

In exchange for the fee paid by you, Lisa Bushman and those contracted by Center for Counseling, Growth & Discovery LLC are providing a service assisting you in mind, body, spirit integration through the use of modalities that may include, but not limited to: sound baths and healing, guided meditations and imagery, chakra balancing, on the body sound healing, yoga, private consultations, breathwork, biofield tuning, and energy work.

You, the participant, hereby agree to assume all risks associated with any outcome resulting from your participation in The Sound Room at Polaris programs or classes or private consultation with their practitioners. Side effects may include, but not limited to emotional release, lightheadedness, mild fatigue, physical sensations, and change in body temperature.

All information and mental or physical activity or guidance and direction are provided during programs, classes, or private consultations to enhance the well-being of you, the participant. It is your responsibility, as participant, to inform the practitioner if any discomfort should arise. It is your responsibility, as participant, to notify the practitioner, **before participating**, of any pre-existing medical conditions or injuries, such as, but not limited to pregnancies, heart pacemakers, hearing aids, or epileptic seizures. By agreeing to this Waiver and Release of liability, you agree that neither Lisa Bushman, nor those contracted by Center for Counseling, Growth & Discovery LLC shall be responsible for any negative consequence of any kind which are claimed to result from:

- 1) your participation in any of these programs, activities, or consultations; or
- 2) from the use of any information learned or obtained during these programs, activities, or consultations, including, but not limited to, guided meditations and imagery, sound baths and healing, chakra healing, energy work, yoga, or private consultation provided during The Sound Room at Polaris programs, classes, special events, or private consultations.

By agreeing to this Waiver and Release you further agree to **NOT** assert any legal claims of any kind in any form against Lisa Bushman, and/or Center for Counseling, Growth & Discovery LLC on any asserted negative consequences resulting from your participation in these programs, classes, special events, or private consultations. In addition, by agreeing to this Waiver and Release, you acknowledge and agree that Lisa Bushman and/or those contracted by Center for Counseling, Growth & Discovery LLC, disclaim all liability for any negative consequence claimed by you to be the result of your participation in these programs, classes, events, or private consultations. All sales are final and cannot be canceled or changed. You also agree that we may contact you via SMS or email regarding your appointment, and/or our services.

CENTER FOR COUNSELING, GROWTH & DISCOVERY, LLC

It is our intention to provide the community with a wellness center devoted to clinical counseling and holistic healing. It is our belief there is a strong connection between mind, body, spirit, and the overall well-being of an individual. To that end, we employ techniques such as meditation, yoga, reiki, breathwork, and sound therapy through gongs, crystal bowls, singing bowls, other instruments and technology to promote relaxation and inner body balance. Our hope is to promote a journey of self-discovery and an expansion of consciousness that will contribute to life-long health, well-being, and healing.

Name _____ Email: _____

Signature Phone Date