

SHANTI

SOUND HEALING + YOGA

SHANTI SOUND HEALING THERAPY WAIVER

The Tibetan bowl sound therapy technique uses sound, vibration, and intention to gently transition a person from his or her normal waking state of consciousness (beta) to a highly relaxed state of consciousness (alpha and theta). In this relaxed state, a person's own innate healing abilities are able to work more effectively to bring the person back into optimal vibrational alignment that enhances overall health and well-being.

As a Tibetan Bowl Sound Therapy practitioner, I am not a licensed health professional. As such, I will not diagnose, prescribe substances, perform medical treatment, or interfere with the treatment of a qualified physician or other licensed medical professional. The services I offer are considered complementary to traditional western medical practices.

Each session lasts approximately 60-90 minutes. During this time basic Tibetan cranial sacral work will be performed and bowls will be played to encourage a deep state of relaxation where a person's own healing abilities can be activated. Please note that part of the session involves the placement of vibrating objects near or on the body of which some give off very high or very low-pitched sounds. If you have reason to believe that these objects and the sounds they make may cause discomfort, pain, or injury, please advise before the session begins.

Please wear comfortable clothing with no zippers or buttons down the front, wear or bring socks, and remove jewelry. Yoga or workout clothing works best.

Acknowledgement:

I have read and understand the above disclosure about the Tibetan Bowl Sound Healing Therapy sessions as offered by Christina Felty/Shanti Sound Healing + Yoga. My signature further acknowledges that I shall not now or at any time in the future bring any legal action against Christina Felty/Shanti Sound Healing + Yoga, its volunteers/employees/affiliates in case of personal injury. I hereby release Christina Felty/Shanti Sound Healing + Yoga from any and all liability, negligence or other claims arising from or in any way connected with my participation in sound healing therapy.

Cancellation Policy: Please give a minimum of 24 hours notice if you need to cancel or reschedule a session. Otherwise the full service fee will apply.

Print Name

Signature

Date