

# TERMS & CONDITIONS

**Effective Date:** April 29, 2025

By using this website or participating in any services provided by InSideOut Wellness, you agree to the following terms:

**1. Services Offered** InSideOut Wellness offers coaching services, group programs, and digital resources (e.g., PDFs, meditations) for general wellness. Coaching is not a substitute for medical, psychological, or psychiatric care.

**2. No Medical Advice** Information on this site and in coaching sessions is not intended to diagnose, treat, or prevent any disease. Always consult a qualified healthcare provider before making changes to your health routines.

**3. Client Responsibility** Clients are responsible for their own results and decisions. Coaching is collaborative, but your participation and commitment are essential.

## **4. Cancellations & Refunds**

- Sessions may be rescheduled with at least 24 hours' notice.
- No-shows or late cancellations may be charged in full.
- Group programs and digital downloads are non-refundable unless otherwise stated.

**5. Intellectual Property** All content (written, audio, visual) provided by InSideOut Wellness is protected by copyright. You may not reproduce, share, or alter materials without permission.

**6. Communication** We may contact you via email regarding bookings, program updates, or resources. You can opt out of non-essential communications anytime.

**7. Jurisdiction** These Terms are governed by the laws of both South Africa and the European Union (GDPR-aligned). Any disputes will be handled in accordance with applicable legal standards.

**Contact** If you have questions, email: [monikaradziejowska@gmail.com](mailto:monikaradziejowska@gmail.com)