



## **The Bridge – Client Agreement (Terms & Conditions)**

### **1. Wellbeing & Responsibility**

All practices, guidance, and materials shared in *The Bridge* are offered for educational purposes only and are not a substitute for professional medical advice or treatment. You are encouraged to listen to your body and take full responsibility for your own wellbeing throughout the program. Emily Shaw cannot accept liability for any health-related outcomes resulting from your participation.

### **2. Program Duration**

Participation runs for the agreed five-week program dates. Pausing, extending, or restarting outside of these dates is not possible, except in the case of genuine emergency.

### **3. Use of Materials**

All written, audio, and video content provided within *The Bridge* is proprietary and for your personal use only. Materials may not be shared, reproduced, or published in any form.

### **4. Agreement**

By making payment for this program, you acknowledge that you have read, understood, and agree to *The Bridge – Client Agreement and Terms & Conditions*.