



Embrace Calm Space

Disclaimer

The information and services provided by **Embrace Calm Space** are intended to support personal development, relaxation, emotional wellbeing and positive change.

Services may include **Neuro-Linguistic Programming (NLP), Time Line Therapy®, hypnosis, breathwork, coaching, movement and other holistic wellbeing practices.** Individual experiences and outcomes will vary, and no specific results or outcomes can be guaranteed.

Embrace Calm Space services are **not a substitute for medical care, psychological or psychiatric treatment, diagnosis, counselling, or other services provided by appropriately qualified healthcare professionals.**

If you have a medical or mental health condition, are taking medication, are pregnant, or have concerns about whether a particular service is suitable for you, you should seek advice from an appropriately qualified healthcare professional before participating.

You should not disregard, delay or discontinue professional medical or mental health advice or treatment because of information provided by Embrace Calm Space or your participation in a session.

During any session, you are encouraged to communicate if you feel uncomfortable or wish to pause or stop an activity. Participation is voluntary and you remain responsible for your own decisions, wellbeing and actions.

Information provided on this website is for **general informational and educational purposes only** and should not be interpreted as medical, psychological or other professional healthcare advice.

By booking or participating in a session with **Embrace Calm Space**, you acknowledge that you understand the nature and limitations of the services being offered.

If you are experiencing a medical or mental health emergency, please contact an appropriate emergency or crisis service.