

## **SACRED REST SUBSCRIPTION – Membership Terms & Conditions**

Our core ethos for RHIANNON GRIFFITHS is to show you a way of living that empowers you and those around you. We practice what we preach and part of that involves setting out clearly from the outset the way in which we will deliver our services to you. If you are planning to join the SACRED REST SUBSCRIPTION (“the Subscription”), whether it is the audio session only option, or the upgraded VIP version, then you must read these terms and conditions in full prior to purchasing.

### **Subscription Terms: Key Details**

The terms cannot be varied and in proceeding to purchase the Subscription you will be deemed to have accepted these terms. The terms and conditions set out below apply to the services offered by RHIANNON GRIFFITHS. Please read them carefully as they affect your rights and liabilities under law and set out the terms under which RHIANNON GRIFFITHS (“we”, “our” or “us”) provide services to you, as purchaser of the subscription. These terms are subject to any rights you have under consumer law to which we are bound and which cannot be waived by contract.

### **Subscription Outline**

The SACRED REST SUBSCRIPTION is a subscription platform for people who want to learn how to slow down, bring more balance to their busy lives, build in more time and space for self care, rest and relaxation - using the wisdom of Chinese Medicine, energy healing, meditation, breathwork, yoga nidra and the acupuncture meridians. The subscription is an ongoing commitment where you can get regular support and guidance. And if you have opted for the VIP version of the subscription, this also includes the use of yin yoga sequences on the mat.

The information within is not tailored to any one person or specific condition but includes information and ancient lifestyle wisdom which has been used for thousands of years within Chinese Medicine. Should you need specific or bespoke support then please contact us to enquire about our one to one services.

### **Subscription Specifics**

The main elements of the subscription:

- i) 1 x monthly live online audio call for all members
- ii) 1 x monthly yin yoga afternoon mini retreat (for VIP members only)
- iii) Kajabi portal with audio replays for all members; plus video replays for VIP members only

### **Live Sessions**

The live sessions will be led by RHIANNON GRIFFITHS. There is a possibility they may occasionally also be joined by expert coaches and consultants who are specialists in different areas of health, wellness + yoga.

The monthly AUDIO SESSIONS will take place live, online, via INSTANT TELESEMINAR for approximately 1.5 hours. Unless there are unforeseen circumstances, the AUDIO SESSIONS will take place on a Friday evening at 7:30pm around the middle of the month, unless there is a specific event such as Winter Solstice or Spring Equinox that requires a specific date on the calendar.

The monthly YIN YOGA AFTERNOON MINI RETREAT sessions (if you have the VIP SUBSCRIPTION) will take place live, online, via ZOOM for approximately 3 hours. Unless there are unforeseen circumstances, the YIN YOGA AFTERNOON MINI RETREAT sessions will take place on a Saturday afternoon from 2:30pm - 5:30pm towards the end of the month, unless there is a specific event such as Winter Solstice or Spring Equinox that requires a specific date on the calendar, or there are specific national holidays such as Christmas or Easter.

These dates are available on the google calendar for this SUBSCRIPTION and we will notify you via email and messenger bot (should you wish to activate the latter, this is an added extra, not a prerequisite and we do not guarantee this service).

During the monthly live AUDIO sessions the wisdom of Chinese Medicine, meditation, breath-work, yoga nidra and the acupuncture meridians will be shared in a way that is practical and relevant to your modern day life. During the monthly AUDIO sessions, no one can see you or hear you, but you do have the opportunity to type questions into the Q&A box within INSTANT TELESEMINAR, for me to answer live on the call.

During the monthly YIN YOGA AFTERNOON MINI RETREAT sessions (in the upgraded VIP SUBSCRIPTION) again, the wisdom of Chinese Medicine, meditation, breathwork, yoga nidra and the acupuncture meridians will be shared in a way that is practical and relevant to your modern day life. There will also be a yin yoga sequence to consolidate the theme of the session. During these MINI RETREAT sessions on ZOOM, you are visible to other members, there will be the opportunity to unmute yourself and ask questions live on the call, for immediate feedback.

The information and guidance shared will be based in Chinese Medicine theory, from over a decade of treating patients in acupuncture clinics, a BSc in Acupuncture, coaching training with the CTI, and yin yoga with mindfulness training.

### Self-Study & Replays

In addition to the live sessions there may also be other materials provided for self-study, but this is not guaranteed. However, the library of audio replays and recordings will be added to over time, with each monthly session - the longer the SUBSCRIPTION runs, the more recordings will accumulate. There is no guarantee that there will be any additional content uploaded in apart from the stated monthly session. For best results you should utilise the audio and / or video material in your own time, if you are unable to make the sessions live. Failure to engage with the recordings of the sessions, or to complete listening of any missed live sessions, this may limit your ability to learn from the tips and guidance shared in the live sessions.

### Facebook Group vs Kajabi

There is NO Facebook group available for this SUBSCRIPTION, everything is within the Kajabi portal.

From time to time RHIANNON GRIFFITHS may post in the comments section within Kajabi and offer support but there is no guarantee that posts will be responded to immediately or that any mailboxes will be monitored.

Please be advised that whilst we hope that you will be able to utilise the comments sections within Kajabi, we make no guarantees as to the availability of the group and/or the content within the group at any time.

### Behaviour

It is requested that at all times your behaviour towards others is polite and respectful. We will not be held responsible for the behaviour or actions of any other members. Should your behaviour be deemed offensive or inappropriate we reserve the right to remove you from the SUBSCRIPTION with immediate effect.

### **Disclaimers**

The aim of the SUBSCRIPTION is to provide you with guidance, dedicated diarised time and space for your own self care, so that you can support your emotional and physical health and wellbeing. This does not constitute entering into a patient-practitioner relationship, and as such any suggestions or guidance given in any session cannot be considered individual health advice. This SUBSCRIPTION does not claim or aim to diagnose, treat or cure any condition, illness or situation.

You enter into this agreement to practise anything within the SUBSCRIPTION, you agree that you are taking responsibility for your own body and understand that I do not have the ability to adjust you within yin yoga sequences, or assist you personally - you agree to work carefully and take good care of yourself, particularly if you choose to switch your camera off on ZOOM in the AFTERNOON MINI RETREAT SESSIONS.

We make no guarantees or claims as to the success of any member. Each individual is unique and their bodies, emotions and circumstances are unique to them. The aim is that by utilising the trainings and resources and taking advantage of all of the elements which the SUBSCRIPTION has to offer you will have new information, strategies and techniques to create a more balanced, happy and healthy life for yourself.

All information provided will be general information and guidance and will not be bespoke advice. We are not responsible for any action or inaction which you take as a result of the information within the SUBSCRIPTION. We are not responsible for any loss of opportunity or any investments which you make.

No content in this SUBSCRIPTION should be construed as conventional western medical advice, whether mental or physical. If you believe that you require medical attention, or you are unsure whether the sessions within this SUBSCRIPTION are suitable for you (and any conditions that you may have) you should seek assistance from a medical professional immediately.

We ask that all members in the SUBSCRIPTION respect the rights of others in respect of their behaviour and privacy. We will not be responsible for the action of any members including for any disclosures made by any members based on information which has been shared within the SUBSCRIPTION.

### **Contact and Schedule**

It is the intention that the SUBSCRIPTION will run continuously and that any training material, Q&As and sessions will be provided as set out above. Should an unforeseen reason arise which cause a session(s) to be postponed they will be re-arranged as soon as possible.

Throughout the SUBSCRIPTION we will be available by email Monday to Friday between 10am to 5pm via [info@rhiannongriffiths.com](mailto:info@rhiannongriffiths.com) and will respond as soon as possible and within 48 hours during the hours stated.

If you have a technical query relating to accessing the SUBSCRIPTION please include "TECH" in the subject line of your email correspondence, or contact the Kajabi Helpdesk directly for any difficulties with logging into the Kajabi portal or app.

You may see us post on social media outside of our core hours. Not all of these posts are live and some will be pre-scheduled. We are passionate about supporting everyone in the SUBSCRIPTION and where we can we may respond to you out of hours but we make no guarantees that this will always be possible.

### **Payment Terms**

The cost of the SUBSCRIPTION is set at the time you subscribe. On subscription you will agree to monthly payments via PayPal and Kajabi which will be taken on the same day each month.

If your payment bounces, PAYPAL will attempt to receive payment up to 2 further times. If still not successful it may cancel your recurring payment, thereby voiding your SUBSCRIPTION. You will lose access to the Kajabi portal until the payments have started again.

You may also lose historical rate that you pay, for example, if you had a founders rate. Setting up a new recurring monthly payment after a bounced payment and suspended subscription, may result in you paying the current market cost, as opposed to the original price set at the time you subscribed.

### **Privacy and Confidentiality**

Your privacy and protection of your personal data is important to us. Your personal data is protected as set out in our privacy policy which can be found at [rhiannongriffiths.com/privacy](http://rhiannongriffiths.com/privacy)

We utilise MAILCHIMP to manage our email communications with you and from time to time may utilise the Facebook Pixel analytics tool.

During the course of your time in the SUBSCRIPTION you may have access to confidential information, in particular the personal affairs of others on the course. In accepting these terms, you agree that you will not use or disclose to any person, organisation or company, and shall use your best endeavours to prevent the publication of, any confidential information relating to any other member.

You accept that any unauthorised disclosure of personal or confidential information belonging to another may amount to immediate dismissal from the SUBSCRIPTION. Should you decide to leave the SUBSCRIPTION then you remain bound by the confidentiality and privacy obligations.

## **Refunds and Cancellation**

It is our aim that you will be completely happy with the SUBSCRIPTION and find soothing and supportive content inside the monthly calls and the Kajabi portal. However, we appreciate that there may come a time when you wish to leave the SUBSCRIPTION.

In accordance with Distance Selling Regulations, you have the right to cancel and obtain a full refund within 14 days from the date of subscription. Refund requests should be made in writing to [info@rhiannongriffiths.com](mailto:info@rhiannongriffiths.com) and a full refund will be provided within 14 working days.

In the event that one or more training sessions have already taken place within the first 14 days following your SUBSCRIPTION, you are still entitled to request a refund but the value of the session(s) shall be deducted from the amount paid by you, along with any reasonable costs which have been borne by us in respect of the administrative costs of commencing the SUBSCRIPTION.

There is no obligation on us to refund any amounts paid where cancellation requests are made following the 14 day cancellation period.

Should you wish to cancel your SUBSCRIPTION you can contact [info@rhiannongriffiths.com](mailto:info@rhiannongriffiths.com) at any time, but please note, if the cancellation is requested part way through a month, there will be no refunds for that particular month. The cancellation will start from the next scheduled payment, provided there is enough time as needed by Paypal to process such requests.

We reserve all rights to cancel the programme for any reason without prior notice. In such circumstance a refund will be provided for the remainder of that month as applicable.

## **Intellectual Property**

During your time as a member you will be provided with course materials. At all times the intellectual property rights and copyrights connected with those materials remain with us. You have the right to use the materials as learning tools but you are not permitted to duplicate, share or provide copies to third parties. We retain and reserve all of our copyrights.

## **Complaints**

If you have a complaint about the programme this should be made to made in writing to RHIANNON GRIFFITHS at [info@rhiannongriffiths.com](mailto:info@rhiannongriffiths.com)

## **Frequently Asked Questions**

*It can be really helpful to provide summary information by way of Q&As and you can update this section as you receive more questions.*

1. *What happens if I can't make a live session?*

As far as possible, technology willing, all live sessions are recorded - whether that is on INSTANT TELESEMINAR for the audio sessions, or via ZOOM if you have the upgraded VIP version of the SUBSCRIPTION. The replays of these sessions will be placed into the KAJABI portal for you to access,

within 24 hours. If technology fails, then they will be re-recorded and the link to watch will be sent to you within 72 hours following the end of a live session. From time to time technology may fail and the recording may be unavailable or of poor visual or sound quality but we do aim to record all live sessions.

2. *What if I need additional support?*

Additional support can be offered to each member in the form of 1:1 support or guidance. We are happy to support you as required, please contact us directly, additional charges will apply.

3. *What if I am ill during the SUBSCRIPTION?*

If you are ill or unable to attend a live session for any reason you will be able to watch the recording of that session. If you are ill for an extended period please let us know and we will support you wherever we can.

4. *Is the SUBSCRIPTION suitable for all people, even those who have no previous knowledge of Chinese Medicine or yin yoga etc?*

The SUBSCRIPTION is best suited to those who have some previous interest in alternative practises such as meditation, yoga, energy healing, acupuncture or other complementary medicines etc - but the SUBSCRIPTION welcomes every person and you do not need any previous experience to start learning and implementing the lifestyle suggestions.

## **General**

We intend to rely on the written terms set out in these terms and conditions for the services that we provide to you in delivery of the SUBSCRIPTION. These written terms shall constitute the entire agreement between us.

Should there be any conflict between these terms and any SUBSCRIPTION hosting platform or payment gateway, these terms shall prevail.

We may update these terms and conditions from time to time for legal or regulatory reasons or to allow the proper operation of your service. Any changes will be notified to you as soon as possible.

If any provision or part-provision of these terms and conditions is or becomes invalid, illegal or unenforceable, it shall be deemed modified to the minimum extent necessary to make it valid, legal and enforceable. If such modification is not possible, the relevant provision or part-provision shall be deemed deleted. Any such modification or deletion shall not affect the validity and enforceability of the rest of these terms and conditions.

These Terms are governed by the laws of England & Wales. The Courts of England & Wales have exclusive jurisdiction over any matter and proceedings arising out of the SUBSCRIPTION.