

CLAIRE VALLY

The V.A.L.L.Y.TM Rhythm

Terms for Live Sessions and Add-ons

Effective 23 October 2026

These terms apply when you register for a free live group session with The V.A.L.L.Y.TM Rhythm or buy an add-on linked to it: a session recording, a Body Rhythm Audit, or both together. Membership has its own separate terms.

1. Who we are

The sessions and add-ons are provided by Claire Torres Carrera, trading as The V.A.L.L.Y.TM Rhythm, 26 Triq Giovany Papaffy, Birkirkara, Malta. You can contact us at claire@thevallyrhythm.com.

2. The free live session

The session is free. Registering gives you a place and the Zoom link, which we send by email. Please keep the link to yourself, so that the session stays a safe space for everyone who registered.

The session is recorded. The recording can include the voice and image of any participant who has their camera or microphone on, and the chat. Your camera is your choice: you can keep it off and your microphone muted. By joining with your camera or microphone on, you understand that you may appear in the recording, which is made available to people who buy it. Our Privacy Notice explains more.

Please treat other participants with respect and do not record, photograph or share the session or anything other participants say.

3. Health information

The session and add-ons offer education and coaching. They do not diagnose or treat any medical condition and are not a substitute for advice from a doctor or other qualified health professional. Please keep working with the professionals who support your health. We do not promise any particular health result.

4. The add-ons

Session Recording ~ \$55 USD

Body Rhythm Audit ~ \$55 USD

Recording + Body Rhythm Audit ~ \$89 USD

Prices are shown on the checkout page before you pay. Payment is taken by card through Stripe when you place your order. A purchase is confirmed once payment is successful.

Session Recording

We send the recording link by email between the day after the session and three days after it. You can watch it for 30 days from the day we send it. The recording is for your personal use only. You may not download it to share, copy, distribute or publish it.

Body Rhythm Audit

The Body Rhythm Audit is a private 30-minute online session with Claire on Zoom. After payment you are taken to a booking page to choose your time.

You can change your appointment if you tell us at least 3 days before it. Changes with less notice, and missed appointments, cannot be rescheduled or refunded.

5. Refunds

All add-on purchases are final and are not refundable. This includes a change of mind, not watching the recording within 30 days, and a missed Audit appointment.

In exceptional circumstances, and only at our discretion, we may offer a partial refund of up to 25% of the price paid.

When you buy, you ask us to give you access to digital content, and to arrange your service, straight away. You acknowledge that, once the recording has been sent to you or the Audit has taken place, you lose the right to cancel within 14 days that would otherwise apply.

Nothing in these terms affects your rights under the consumer law that applies to you.

6. If the session is cancelled or moved

We will only cancel or move a live session because of exceptional circumstances beyond our reasonable control.

If we cancel the session, we will email everyone who registered, and anyone who bought an add-on linked to it will receive a full refund.

If we move the session to a new date, we will email everyone with the new date. If you bought an add-on and cannot accept the new date, you can ask for a full refund.

7. Our content

The sessions, recordings, resources and methods of The V.A.L.L.Y.™ Rhythm belong to Claire Vally. You may use them for your own personal benefit, but you may not copy, resell or share them.

8. Our responsibility

We will provide the session and add-ons with reasonable care and skill. We are not responsible for problems caused by your internet connection, device or Zoom account, or for events beyond our reasonable control. Nothing in these terms limits any responsibility that cannot be limited by law.

9. Personal data

We use your personal data as described in our Privacy Notice.

10. Law and contact

These terms are governed by the laws of Malta. If you live elsewhere in the EU, you also keep any protections given to you by the law of the country where you live.

For any question or complaint, email claire@thevallyrhythm.com.