

DISCLAIMER

This Disclaimer applies to tatyanaadumay.com and its current and future subdomains, landing pages, funnels, educational materials, coaching services, programs, communities, videos, emails, and other services that link to or reference this Disclaimer (collectively, the "Services"). The Services are provided by Tatyana Dumay, a California sole proprietor.

1. Educational and Wellness Purposes Only

The Services provide holistic health coaching, education, Reiki-based wellness practices, general wellness information, and self-care instruction. They are not medical care, medical diagnosis, psychotherapy or mental-health treatment, physical therapy, medical nutrition therapy, or other licensed medical treatment. Tatyana Dumay is not a physician and does not practice medicine through the Services.

Although Tatyana maintains an active massage-therapy license/certification and draws on prior professional experience in massage therapy, she does not provide hands-on massage therapy to clients through these Services. Self-massage techniques are taught for educational and self-care purposes and are performed by participants on themselves.

2. Always Consult Your Health-Care Professional

Before beginning any program or practice offered through the Services, you should consult your physician or other qualified health-care professional about whether participation is appropriate for your individual circumstances. Obtaining and following that guidance is your responsibility. We do not routinely request, collect, or retain a physician's written clearance.

Do not delay seeking professional medical advice because of something you heard, read, or learned through the Services. In an emergency or if you experience urgent or concerning symptoms, seek appropriate emergency or medical care.

3. Recent Surgery

If you are within the first 12 months after surgery, our movement- and self-massage-based programs may not be the right fit for this stage of your recovery. We encourage you to give your body time to heal and to discuss participation with your medical team. Meditation-centered and other non-physical programs may be a more appropriate option during this period, depending on your individual circumstances and the guidance of your physician or other qualified health-care professional.

This is a conservative program-fit guideline, not a medical determination or a statement that the same recovery timeline applies to every person or every procedure.

4. Self-Massage, Movement, Exercise, and Sauna

Self-massage, movement, stretching, posture practices, exercise, sauna use, and other physical wellness activities can involve physical exertion and may not be appropriate for every person. You are responsible for evaluating your condition, limitations, environment, and readiness; choosing an appropriate level of participation; following safety instructions; and stopping any practice that feels unsafe or causes pain, dizziness, unusual shortness of breath, or other concerning symptoms.

Recommendations are general educational guidance and are not individualized medical prescriptions. A technique that is appropriate for one person may not be appropriate for another.

5. Meditation, Mindfulness, Breathing, and Relaxation

Meditation, mindfulness, breathing, relaxation, and similar practices may be supporting components in some programs and the primary tools in others. They are offered as general wellness and self-awareness practices, not psychotherapy or mental-health treatment. You are responsible for deciding whether a practice is appropriate for you and should stop and seek appropriate professional support if a practice causes significant distress or other concerning symptoms.

6. Reiki Practices

Reiki is offered as a complementary wellness and self-awareness practice. It is not medical treatment, does not diagnose, treat, cure, or prevent disease or injury, and is not a substitute for care from a physician or other qualified healthcare professional. Individual experiences vary, and no specific health or wellness result is promised or guaranteed.

7. Nutrition and Cooking Information

Nutrition, food, and cooking information is provided for general educational purposes. It is not individualized medical nutrition therapy, dietetic care, or a prescription for a particular diet. Nutritional needs, allergies, tolerances, medication interactions, and medical considerations vary. Consult an appropriate physician, registered dietitian, or other qualified professional before making changes that may affect a medical condition or your individual health needs.

8. Personal Responsibility and Assumption of Ordinary Risks

Your participation is voluntary. You are responsible for your choices about whether, when, and how to use information or practices from the Services. Wellness activities involve ordinary risks, and you are responsible for using reasonable care, honoring your own limits, and seeking appropriate professional guidance. Nothing in this Disclaimer excludes or limits responsibility that cannot lawfully be excluded or limited.

9. No Guarantee of Results

Individual results vary. We do not guarantee that any program, practice, self-massage technique, movement, meditation practice, nutrition recommendation, sauna practice, or other information will produce a particular health, wellness, personal, or other result. Progress depends on many individual factors, including circumstances outside our control.

10. Testimonials and Client Experiences

Testimonials, reviews, case examples, and client stories reflect individual experiences. They are not promises, guarantees, or evidence that another person will achieve the same outcome. A testimonial should not be interpreted as a diagnosis, treatment claim, or substitute for competent medical evidence. We seek to use testimonials truthfully and not to publish health claims that we cannot appropriately support.

11. Third-Party Information and Links

The Services may link to or use third-party websites, platforms, products, articles, videos, or other resources. A link or reference does not mean we control or guarantee the accuracy, safety, availability, or practices of the third party. Review third-party terms, privacy notices, and safety information before relying on them.

12. Relationship to Other Documents

This Disclaimer should be read together with our Terms & Conditions and Privacy Policy. Washington consumers should also review our Washington Consumer Health Data Privacy Policy, and Nevada consumers should review our Nevada Consumer Health Data Privacy Notice. Program-specific agreements, informed-consent documents, community rules, or safety instructions may also apply.

13. Contact

Questions about this Disclaimer may be sent to:

Tatyana Dumay

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Updated September 10, 2026