



Terms of Use

Supporting the Breath Through Gentle Sound

Last Updated: August 2026

Welcome

Thank you for choosing LifeBreaths.

Our goal is to create a safe, encouraging, and trustworthy environment where adults can explore gentle breathing, voice, and singing practices at their own pace.

These Terms of Use explain how LifeBreaths operates, what you can expect from us, and what we ask of you in return. They are designed to protect both you and LifeBreaths so that everyone can enjoy a positive experience.

By purchasing a course, joining our community, or using any LifeBreaths services, you agree to these Terms of Use.

Who We Are

LifeBreaths is the public-facing name of **Dale & Lurdes Chappell, Lda**, a company registered in Portugal.

Registered business address:

Dale & Lurdes Chappell, Lda

Rua Melo Antunes, 35, 2-A

1750-240 Lisboa

Portugal

Contact us at info@lifebreaths.com.

Who May Use LifeBreaths

LifeBreaths is intended for adults aged 18 years and older.

By using our courses or community, you confirm that you are at least 18 years of age and have the legal capacity to enter into this agreement.

Your Account

You are responsible for maintaining the confidentiality of your account credentials.

Please use accurate and current information and notify us promptly if you believe your account has been accessed without your permission.

Purchasing a Course

When you purchase a LifeBreaths course, you receive a personal license to access that course through the LifeBreaths platform.

Unless otherwise stated, your purchase includes:

- Ongoing access to the course you purchased through the LifeBreaths platform.
- Access to participant resources provided with that course.
- Any future updates or improvements we choose to make to that specific course.

Your purchase does not include future courses, coaching programs, memberships, or other services unless they are specifically included.

We intend to keep LifeBreaths available for the foreseeable future. If circumstances ever require us to retire or replace a course or platform, we will make reasonable efforts to provide advance notice and, where practicable, preserve access to participant resources.

Our 30-Day Refund Promise

We want you to have the freedom to experience LifeBreaths and see how it feels.

If, within **30 days of your purchase**, you decide the course is not the right fit for you, simply email us at info@lifebreaths.com and request a full refund.

Refunds will normally be issued to your original payment method.

Our goal is to handle every refund request fairly, respectfully, and in good faith.

Your Personal Use License

Your purchase gives you a personal, non-transferable, non-exclusive license to use the LifeBreaths course for your own learning.

To protect the work that has gone into creating LifeBreaths, you may not:

- Share your account with another person.
- Copy or redistribute course videos, audio, worksheets, or written materials.
- Upload LifeBreaths content to other websites or platforms.
- Use LifeBreaths materials for commercial purposes without our written permission.

Community Participation

The LifeBreaths Community is intended to be a safe, encouraging, and respectful place for everyone.

By participating, you agree to:

- Treat other members with kindness and respect.
- Share personal experiences rather than medical advice.
- Respect the privacy and confidentiality of other members.
- Avoid spam, advertising, or self-promotion without permission.

We reserve the right to remove content or suspend access where necessary to protect the safety and well-being of the community.

Governing Law

These Terms of Use are governed by the laws of Portugal.

Nothing in these Terms limits any mandatory consumer rights that apply in your country or place of residence under applicable law.

Contact Us

If you have questions about these Terms of Use, please contact us at:

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Portugal

Email: info@lifebreaths.com

Our Commitment

Behind every lesson, every resource, and every conversation is a simple desire: to create a place where people feel welcomed, respected, and encouraged.

We believe trust is earned through honesty, clarity, and care. We will strive to communicate openly, treat participants fairly, and provide an experience that reflects the values at the heart of LifeBreaths.

Thank you for placing your trust in us. We are honoured to be part of your journey.