



Essential Ray Terms and Conditions

Effective Date: February 11, 2026

Business Name: Essential Ray (“Essential Ray,” “we,” “us,” “our”)

Website: www.essentialray.com

Contact Email: info@info.essentialray.com

Governing Law: British Columbia, Canada

These Terms and Conditions (“Terms”) govern your access to and use of our website and all Essential Ray offerings, including online courses, digital products, memberships, coaching services, breathwork sessions (including conscious connected breathwork), workshops, trainings, and live online events delivered through third-party platforms (collectively, the “Services”). By visiting our website, purchasing, enrolling, accessing, or using any Services, you agree to these Terms.

If you do not agree, do not use the Services.

1. Purpose and scope

Essential Ray provides education, coaching, breathwork, and integrative wellness experiences intended to support self-awareness, nervous system regulation, personal development, and embodied integration. Our Services may include both expanded states of consciousness practices and integration support. The Services are offered for educational and personal growth purposes only.

2. Eligibility

By using the Services, you confirm you are at least the age of majority in your jurisdiction and have legal capacity to enter into these Terms. If you are purchasing on behalf of an organization, you confirm you have authority to bind that organization to these Terms.

3. Not medical or mental health treatment

Essential Ray Services are educational and coaching based and are not medical care, psychotherapy, psychiatric treatment, diagnosis, or a substitute for professional medical or mental health services.

You are responsible for consulting a qualified healthcare professional regarding any physical or mental health concerns and for determining whether participation is appropriate for you.

4. Breathwork and somatic practice safety, contraindications, assumption of risk, and waiver

Some Services may include breathwork, meditation, movement, and somatic practices that can be physically and emotionally activating, including **conscious connected breathwork**. By participating, you acknowledge and agree:

4.1 Voluntary participation and self-responsibility

- You participate voluntarily and are responsible for your well-being during and after any practice.
- You may pause, modify, or stop at any time.
- If you feel unsafe or unwell, you agree to stop, return to normal breathing, and seek appropriate support.

4.2 Breathwork experiences

You understand that breathwork practices may involve temporary experiences such as lightheadedness, tingling, changes in body temperature, muscle tension or cramping, trembling, emotional release, and shifts in perception.

4.3 Contraindications for conscious connected breathwork

As a precaution, **conscious connected breathwork is generally not recommended** for individuals with any of the following conditions unless you have explicit clearance from a qualified healthcare professional and you have informed Essential Ray in advance (non-exhaustive list):

Medical and physiological contraindications

- Pregnancy
- Detached retina or retinal detachment
- Glaucoma
- High blood pressure that is not controlled with medication
- Cardiovascular disease, including angina, prior heart attack, or stroke
- Aneurysm (or relevant history as advised by your clinician)

- Epilepsy or seizure disorder
- Recent surgery, significant injury, or recovery from a procedure
- Use of prescription blood-thinning medication (for example, warfarin)
- Uncontrolled thyroid conditions
- Uncontrolled diabetes
- Severe asthma or significant respiratory conditions (unless cleared by your clinician and you can participate with appropriate precautions)

Psychiatric contraindications

- A prior diagnosis of bipolar disorder, schizophrenia, or other significant psychiatric condition where intense activation may not be appropriate without clinical support
- Hospitalisation for a psychiatric condition or emotional crisis within the last 10 years, unless cleared by a qualified healthcare professional

General safety clause

- Any other medical, psychiatric, or physical condition that could impair or affect your ability to safely engage in activities involving intense physical and or emotional release

You agree that if any of the above apply to you, you will not participate in conscious connected breathwork unless you have been cleared by a qualified healthcare professional and you have informed Essential Ray in advance.

4.4 Emergency care

Essential Ray does not provide emergency services. If you believe you may be experiencing a medical or mental health emergency, contact local emergency services immediately.

4.5 Assumption of risk

You knowingly and freely assume all risks related to your participation in breathwork, somatic practices, coaching, and group experiences, whether known or unknown, including risks arising from pre-existing conditions or incomplete disclosure of relevant health information, to the fullest extent permitted by law.

4.6 Release of liability

To the fullest extent permitted by law, you release and hold harmless Essential Ray, its owner(s), employees, contractors, facilitators, volunteers, partners, and affiliates from any and all claims, demands, causes of action, damages, losses, or liabilities arising out of or related to your participation in the Services, including claims based on negligence, except where caused by gross negligence or willful misconduct, where such limitation is not permitted by law.

4.7 Indemnification

You agree to indemnify and hold harmless Essential Ray from claims, liabilities, damages, and expenses (including reasonable legal fees) arising from your participation, your violation of these Terms, your violation of any law, or your violation of any third-party rights.

5. Personal responsibility and no guarantees

Results from coaching, breathwork, education, and integrative practices vary from person to person. You agree that:

- You are responsible for your choices, actions, and outcomes.
- No specific results are promised or guaranteed.
- Any examples of outcomes are illustrative and not guarantees.

6. Service delivery and third-party platforms

We may deliver Services through third-party platforms, including:

- **Mastermind** (course and community delivery)
- **Stripe** (payment processing)
- **Zoom** (live sessions)

Your use of these third-party services may be subject to their own terms and privacy policies. We are not responsible for third-party outages, changes, or policies beyond our control.

7. Purchases, pricing, and taxes

Prices are listed in USD] unless stated otherwise. By purchasing, you authorize us and/or our payment processors to charge your selected payment method, including applicable taxes or fees.

We may update prices at any time for future purchases. Price changes do not affect purchases already completed.

8. Payments, payment plans, failed payments, and chargebacks

Payment plans

If you enroll using a payment plan:

- You authorize the scheduled charges until the plan is paid in full.
- You remain responsible for completing all payments unless we agree otherwise in writing.
- If a payment fails, we may pause or end access to the related Service until payment is resolved.

Chargebacks

If you initiate a chargeback or payment dispute, we may suspend access to the Services while the dispute is investigated.

9. Subscriptions and memberships

If you enroll in a subscription or membership:

- Your subscription renews automatically at the interval shown at checkout unless you cancel before the next billing date.
- Cancellation takes effect at the end of the current billing period.
- We do not provide prorated refunds for partial billing periods unless required by law or stated in the specific offer terms at checkout.

10. Refund policy

Refund terms vary by offer and will be displayed at checkout or on the offer page. If no refund policy is stated for a specific offer, the following default terms apply, to the extent permitted by law:

Digital products

All sales are final once access is delivered.

Courses, programs, trainings, and coaching containers

If a refund window is offered, it will be defined at checkout or on the sales page and will begin on the purchase date. If no refund window is stated, the purchase is final.

Live online events

If you miss a live session, refunds are not typically provided. If a replay is included, it will be provided according to the program format.

We may consider exceptional circumstances on a case-by-case basis at our discretion, where legally permitted.

11. Coaching sessions and online breathwork session cancellation policy

This policy applies to 1:1 coaching sessions, group coaching sessions, and live online breathwork sessions hosted on Zoom, unless a specific offer page or checkout states otherwise.

Rescheduling

- You may reschedule with **at least 24 hours' notice** by contacting **info@info.essentialray.com** or using the rescheduling method provided at booking.
- Reschedules requested with less than 24 hours' notice are treated as a late cancellation, unless we agree otherwise in writing.

Late cancellations and no-shows

- Cancellations within 24 hours of the scheduled start time and no-shows are not eligible for a refund and the session is typically forfeited.
- If you arrive late, the session will usually end at the originally scheduled time.

Emergencies

If there is a genuine emergency, you may email info@info.essentialray.com. We may, at our discretion, offer one courtesy reschedule.

Group sessions

- Missed group sessions are not refundable.

- If a replay is included, it will be shared according to the program format.

If Essential Ray needs to reschedule

If we need to reschedule due to facilitator illness, emergencies, or technical disruption, we will provide an alternative date/time or a comparable option.

12. Recording policy

Essential Ray does not record live calls by default.

Occasionally, a session or portion of a session may be recorded (for example, when a replay is included in an offer). If recording is planned, we will provide notice in advance (for example, on the offer page, by email, or at the start of the call). If you prefer not to appear in a recording, you may keep your camera off and avoid sharing identifying details.

13. Community guidelines and respectful participation

If a Service includes a community space, you agree to:

- Communicate respectfully and avoid harassment or discrimination.
- Maintain confidentiality and not share other participants' personal information outside the community.
- Avoid presenting yourself as a representative of Essential Ray unless authorized in writing.

We may suspend or remove access for violations, with or without notice, and without refund where legally permitted.

14. Confidentiality in group settings

We aim to create a supportive container. In group settings, confidentiality is a shared responsibility. You agree not to disclose other participants' personal stories, names, or identifying details outside the group.

15. Intellectual property and permitted use

All content provided through Essential Ray, including text, audio, video, recordings, breathwork sequences, curricula, worksheets, and materials (the "Content"), is owned by Essential Ray or licensed to us and is protected by intellectual property laws.

You receive a limited, personal, non-transferable, non-commercial license to access the Content for your personal use. You may not:

- Copy, reproduce, distribute, sell, sublicense, or publicly share the Content.
- Record live sessions unless explicitly permitted in writing.
- Use the Content to train others, facilitate, teach, or build competing offerings without a written licensing agreement.

16. Testimonials and feedback

If you submit a testimonial, review, comment, or other feedback, you grant Essential Ray permission to use it for marketing and educational purposes unless you revoke permission in writing. If you revoke permission, we will make reasonable efforts to stop future use.

17. Third-party links

Our website or Services may include links to third-party websites. We are not responsible for third-party content, policies, or practices.

18. Limitation of liability

To the fullest extent permitted by law, Essential Ray will not be liable for indirect, incidental, special, consequential, or punitive damages, or for lost profits, lost data, or business interruption.

If Essential Ray is found liable for any claim, our total liability will be limited to the amount you paid for the specific Service giving rise to the claim during the six (6) months preceding the event.

19. Dispute resolution

Informal resolution first

If you have a concern, contact us at info@info.essentialray.com and we will attempt to resolve the issue in good faith.

Governing law and venue

These Terms are governed by the laws of the **Province of British Columbia and the federal laws of Canada applicable therein**, without regard to conflict of laws rules. Any dispute will be brought in the courts located in **British Columbia, Canada**, unless otherwise required by law.

20. Changes to these Terms

We may update these Terms periodically. The “Effective Date” above reflects the latest version. Continued use of the Services after updates means you accept the updated Terms.

21. Contact

Questions about these Terms can be sent to:

Email: info@info.essentialray.com

Business Name: Essential Ray

Governing Location: British Columbia, Canada