

## **POLICY**

This work is offered as a guided container rooted in presence, awareness, and mutual respect.

By entering this space, you are agreeing to the following:

### **Commitment to the Container – HeartWork Coaching**

HeartWork Coaching is a 4–6-week container consisting of 6 private sessions. This container is designed to support continuity and integration. Your commitment to the process is an important part of the work.

### **Mentorship Program Policy**

The HeartWork Mentorship Program is a guided multi-week container designed to support emotional awareness, embodiment, nervous system regulation, self-leadership, and heart-centered integration.

Due to the depth and intentional nature of this mentorship experience, payment confirms your commitment to the container and all payments are non-refundable.

Sessions are scheduled in alignment with the agreed mentorship structure and are expected to be honored with presence, communication, and mutual respect.

If rescheduling is necessary, at least 24 hours' notice is requested. Repeated missed sessions or lack of communication may result in discontinuation of the mentorship container.

This mentorship is not therapy, medical treatment, or a substitute for licensed mental health care. It is a heart-centered, somatic, energetic, and reflective guidance experience designed to support self-awareness and personal integration.

By entering this mentorship space, you acknowledge your willingness to participate honestly, intentionally, and with personal responsibility for your own process and wellbeing.

### **Scheduling**

Sessions are scheduled weekly or at a pace that supports your process. After your initial booking, remaining sessions will be scheduled together.

### **Rescheduling**

If you need to reschedule, please provide at least 24 hours' notice. Sessions missed without notice may be counted as completed.

**Late Arrivals**

Sessions will begin and end at the scheduled time. If you arrive late, we will continue within the remaining time.

**Refund Policy**

Due to the nature of this work, all payments are final. This container is an energetic and time-consuming commitment that begins upon booking.

**Scope of Work**

This is a heart-centered, somatic and energetic practice. It is not therapy, medical treatment, or a substitute for licensed care.

**Tantric Bodywork (if applicable)**

All bodywork sessions are consent-based and non-sexual in nature. This is professional, heart-centered work rooted in awareness and integration.

**Right to Refuse or End Services**

I reserve the right to decline or discontinue sessions if the container is not being honored in a way that supports the integrity of the work.

**Final Note**

This space is not about fixing. It is a space to meet yourself honestly, gently, and with support.