

Seven Rivers Wellness

Corporate Packages

Terms and Conditions

Last Updated: 13 May 2026

Applies to: All corporate and business to business engagements delivered by Seven Rivers Wellness.

Issued by: Matt Dunham and Sandra Dunham trading as Seven Rivers Wellness, Co. Galway, Republic of Ireland.

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Please read these Terms and Conditions carefully. By accepting a proposal, signing a Statement of Work, or making payment for any corporate package, your organisation agrees to be bound by these Terms and Conditions.

1. Parties and Definitions

In these Terms and Conditions:

- "Provider", "we", "us" and "our" mean Matt Dunham and Sandra Dunham trading as Seven Rivers Wellness, based in Co. Galway, Republic of Ireland.
- "Client", "you" and "your" mean the organisation entering into an engagement with the Provider for the delivery of corporate wellness services.
- "Participants" mean the individual employees, contractors, or representatives of the Client who take part in any session, assessment, or activity delivered under an engagement.
- "Services" mean the corporate wellness services described in the relevant Statement of Work, including but not limited to group sessions, workshops, one to one sessions, assessments, written reports, online delivery, and retainers.
- "Statement of Work" or "SOW" means the proposal, scope document, or written confirmation issued by the Provider and accepted by the Client that sets out the specific Services, dates, deliverables, and fees for an engagement.
- "Engagement" means the agreement formed between the Client and the Provider for the delivery of Services, comprising the Statement of Work and these Terms and Conditions.

2. Services and the Corporate Offering Levels

Seven Rivers Wellness delivers corporate wellness services across a structured offering ladder, ranging from a single generic group session at entry level through to a multi month retainer at the highest level.

The offering ladder includes the following framework levels:

- Level G: Generic group session, single delivery.

- Levels 1 to 6: Progressively structured engagements combining group delivery, assessments, written reports, and limited one to one support.
- Level 7: Gold standard retainer with comprehensive group and individual delivery, full assessment architecture, and ongoing review. Level 7 retainers carry a minimum commitment of three months.

The specific Services to be delivered under any Engagement, including the chosen Level, frequency, delivery format, location, deliverables, fees, and term, will be confirmed in writing in the Statement of Work. The Statement of Work, together with these Terms and Conditions, forms the complete agreement between the parties for that Engagement.

Where a conflict exists between the Statement of Work and these Terms and Conditions, these Terms and Conditions prevail unless the Statement of Work expressly states otherwise and is signed by both parties.

3. Methodology and Scope of Practice

Services are delivered using the Seven Rivers Method, an integrated approach drawing on a broad range of modalities including breathwork (Oxygen Advantage, Buteyko, and ARIA), therapeutic yoga and movement, pressure point therapy, meditation and guided relaxation, functional wellness, nervous system regulation, and community based learning.

Services are educational and supportive in nature. They are not a substitute for individual medical care, mental health treatment, or any other regulated professional advice. Where appropriate, Participants are responsible for obtaining appropriate qualified guidance in relation to any pre-existing health condition or medication.

4. Fees, VAT and Payment Terms

All fees are quoted in Euros and stated in the Statement of Work. Fees are final amounts. VAT is not currently charged on these Services. Should the VAT status of the Provider or the Services change at any point, the Provider will give the Client reasonable written notice in advance of any invoice that may include VAT.

4.1 Invoicing

- Single delivery sessions and one off workshops: 50 per cent of the fee is invoiced on confirmation of booking and is payable to secure the date. The balance is invoiced on the day of delivery and is payable within 14 days of invoice date.
- Multi session packages and short retainers (under three months): the full fee may be invoiced in equal monthly instalments, with the first instalment payable on confirmation of booking and each subsequent instalment payable on the same day of the following month.
- Level 7 retainers and engagements of three months or longer: invoiced monthly in advance. The first month is payable on confirmation of booking. Each subsequent month is invoiced on the first business day of that month and is payable within 14 days of invoice date.

4.2 Payment Methods

Payments may be made by electronic bank transfer to the account details shown on the invoice, or by Stripe payment link where this is offered.

4.3 Late Payment

Where any invoice remains unpaid more than 30 days after the invoice date, the Provider reserves the right to suspend delivery of the Services until the outstanding balance is

settled, and to recover any reasonable costs of collection. Interest may be charged on overdue amounts at the rate permitted under Irish late payment legislation.

5. Travel and Expenses

Travel for in person delivery is charged in accordance with the prevailing Irish civil service mileage rate, calculated from the home premises of Matt and Sandra Dunham, Co. Galway, to the Client premises and return.

No travel charge applies where the Client premises are within 20 to 30 minutes drive of Setu Studio, Clarinbridge.

Where overnight accommodation, ferry, air, or extended travel is required to deliver an Engagement, this will be agreed in advance as part of the quotation. Reasonable subsistence costs may also be invoiced at cost where agreed in advance.

6. Assessment Architecture and Reporting

Where the Engagement includes individual Participant assessments (typically at Levels 3 and above), the following principles apply.

6.1 Confidentiality of Individual Assessment Data

Individual Participant assessment responses are confidential to the Participant and to the Provider. They will not be shared with the Client, with any line manager, or with any other Participant. Individual results are returned only to the Participant who completed the assessment, accompanied by a personalised written progression document where this is part of the Engagement.

6.2 Anonymised Cumulative Reporting

The Client will receive aggregated, anonymised cumulative reports drawn from the wider Participant group, where the group size is sufficient to protect individual confidentiality. Where the group is small enough that individual identities could reasonably be inferred from aggregated data, the Provider will discuss appropriate adjustments with the Client before reporting.

6.3 Voluntary Participation

Participation in any assessment, session, or activity delivered under an Engagement is voluntary. Participants may withdraw from any individual element at any time without consequence to their employment. The Client agrees not to compel any Participant to take part and not to seek individual assessment data from the Provider.

7. Booking, Rescheduling and Cancellation

7.1 Confirmation of Booking

A booking is confirmed when the Client has signed the Statement of Work and the relevant deposit or first instalment has been received.

7.2 Rescheduling by the Client

- More than 14 days before the scheduled delivery date: rescheduling at no additional charge, subject to practitioner availability.

- Between 7 and 14 days before the scheduled delivery date: rescheduling permitted subject to availability. An administrative charge of €125 per session being rescheduled may apply.
- Less than 7 days before the scheduled delivery date: rescheduling at the Provider's discretion. The full session fee remains payable and may be applied as a credit towards a replacement date within three months, where the Provider agrees in writing.

7.3 Cancellation by the Client

- More than 30 days before the scheduled delivery date: full refund of any sums paid in respect of the cancelled Services, less reasonable administration costs already incurred.
- Between 14 and 30 days before the scheduled delivery date: 50 per cent of the fee for the cancelled Services is retained by the Provider.
- Less than 14 days before the scheduled delivery date: the full fee for the cancelled Services is retained by the Provider.

7.4 Cancellation by the Provider

In the unlikely event that the Provider needs to cancel a confirmed session, the Provider will offer either a rescheduled date at no additional charge or a full refund of any sums paid in respect of the cancelled session, at the Client's choice.

7.5 Retainer Commitments

Level 7 retainers carry a minimum commitment of three months. Other multi month retainers will have their minimum term confirmed in the Statement of Work. After the minimum term, the retainer may be terminated by either party giving 30 days written notice. Termination during the minimum term is permitted only where the other party is in material breach of these Terms and Conditions and has failed to remedy that breach within 14 days of written notice.

8. Client Obligations

The Client agrees to:

- Provide a safe, suitable, and reasonably quiet environment for any in person delivery on Client premises, including sufficient space for movement based practices where these are part of the Services.
- Ensure that any equipment supplied by the Client (sound system, projector, chairs, mats) is in good working order.
- Communicate session details, joining instructions, and any access arrangements to Participants in good time.
- Notify the Provider in advance of any known accessibility requirements among Participants so that reasonable adjustments can be made.
- Refrain from recording, photographing, or filming any session without prior written consent from the Provider. Where consent is given, recordings are for internal use only and may not be shared externally or with third parties.
- Provides any fire alarm, emergency management and control as required by the premises.

9. Intellectual Property

All content, frameworks, materials, written reports, videos, audio recordings, and presentations supplied or delivered under any Engagement are the intellectual property of Seven Rivers Wellness, including the Seven Rivers Method, the Capacity Building Framework, the Adaptive Practice Protocol, and the RESET Framework.

On payment of the relevant fees, the Client receives a non transferable, non exclusive licence to use the materials internally for the purpose of the Engagement and for the continuing benefit of Participants who attended the Engagement.

The Client and Participants may not:

- Reproduce, copy, adapt, or redistribute any materials externally.
- Use materials in commercial training, internal trainer programmes, or in any service offered to third parties.
- Remove copyright notices, watermarks, branding, or attribution.
- Claim ownership of any aspect of the methodology or materials.

Any anonymised data, insights, or aggregate trends arising from an Engagement may be used by the Provider for research, content, and methodology development, subject always to the confidentiality protections set out in these Terms and Conditions.

10. Confidentiality

Each party agrees to keep confidential any commercially sensitive or personal information disclosed by the other party in the course of an Engagement, and to use such information only for the purposes of delivering or receiving the Services. This obligation continues for three years following the end of the Engagement.

This clause does not apply to information that is in the public domain, was already known to the receiving party, is independently developed, or is required to be disclosed by law.

11. Data Protection and GDPR

The Provider acts as Data Controller for personal data collected directly from Participants for the purposes of delivering the Services. The Client acts as Data Controller for any Participant data it provides to the Provider.

Personal data is processed in accordance with the General Data Protection Regulation and the Irish Data Protection Acts. Participants have the right to access, correct, erase, and port their personal data, to restrict or object to processing, and to withdraw consent for marketing communications.

Assessment data, session notes, and personalised written reports are retained for as long as is necessary to deliver the Engagement and meet the Provider's legal obligations, after which they are securely deleted.

Data protection requests should be directed to info@sevenrivers-wellness.com. The Provider will respond within 30 days.

12. Health, Safety and Participant Wellbeing

Participants take part in the Services voluntarily and at their own discretion. Participants are responsible for their own wellbeing during sessions, including:

- Modifying or stepping out of any practice that causes discomfort.
- Disclosing any relevant pre-existing health condition or pregnancy to the Provider in advance where they wish that condition to be taken into account when adapting practices.
- Seeking appropriate qualified guidance in relation to any pre-existing condition or medication, including any medication used during a hormonal transition. Holistic practices delivered by the Provider are designed to sit alongside such medication, not to replace it.

The Provider reserves the right to adapt or modify any practice, or to ask a Participant to refrain from a particular practice, where in the Provider's reasonable judgement this is appropriate for safety.

13. Insurance and Liability

The Provider holds appropriate professional indemnity and public liability insurance in respect of the Services. Evidence of cover is available to the Client on written request.

To the fullest extent permitted by law, the Provider's total aggregate liability arising under or in connection with any Engagement, whether in contract, tort (including negligence), breach of statutory duty, or otherwise, is limited to the total fees paid by the Client under the relevant Statement of Work in the 12 months preceding the event giving rise to the claim.

The Provider is not liable for any indirect, consequential, or special losses, including loss of profit, loss of revenue, loss of business opportunity, loss of goodwill, or loss of data, however arising.

Nothing in these Terms and Conditions limits or excludes liability that cannot lawfully be limited or excluded, including liability for death or personal injury caused by negligence, or for fraud.

14. Indemnity

The Client agrees to indemnify and hold harmless the Provider from and against any claim brought by a Participant or third party arising from the Client's breach of these Terms and Conditions, the Client's failure to communicate the voluntary nature of participation, or the unauthorised use of materials by the Client or its Participants.

15. Subcontracting and Substitute Practitioners

The Services are delivered personally by Matt Dunham and Sandra Dunham. The Provider may, in exceptional circumstances such as illness, engage a suitably qualified substitute practitioner to deliver a session. Where this is necessary, the Provider will notify the Client in advance wherever practicable. If a suitably qualified substitute is not available, the session will be rescheduled in accordance with clause 7.4.

16. Force Majeure

Neither party is liable for any failure or delay in performing its obligations under an Engagement where such failure or delay results from circumstances beyond its reasonable control, including but not limited to acts of God, severe weather, public health emergencies, transport disruption, power or telecommunications failure, or government action. The

affected party will notify the other as soon as reasonably possible and the parties will agree a reasonable extension or rescheduling.

17. Termination

Either party may terminate an Engagement with immediate effect by written notice where the other party:

- Is in material breach of these Terms and Conditions and has failed to remedy that breach within 14 days of written notice from the non breaching party.
- Becomes insolvent, enters into liquidation, or has a receiver appointed.

On termination, the Client remains liable for fees properly invoiced for Services delivered up to the date of termination, including any committed retainer instalments that fall within a minimum term. The Provider will refund any sums paid in advance for Services that have not yet been delivered and that fall outside any minimum term.

18. Dispute Resolution

In the event of any dispute arising under an Engagement, the parties will first attempt to resolve the matter in good faith through direct discussion. If a dispute cannot be resolved within 30 days of being raised in writing, the parties may agree to mediation through a recognised Irish mediation provider before any party commences legal proceedings.

19. Governing Law and Jurisdiction

These Terms and Conditions and any Engagement formed under them are governed by the laws of the Republic of Ireland. The parties submit to the exclusive jurisdiction of the courts of the Republic of Ireland in respect of any dispute arising under or in connection with these Terms and Conditions.

20. Notices

All formal notices under these Terms and Conditions must be in writing and sent by email to info@sevenrivers-wellness.com (for the Provider) or to the contact email recorded on the Statement of Work (for the Client). Notices are deemed received on the next business day following transmission.

21. Amendments

The Provider may update these Terms and Conditions from time to time. The version applicable to any Engagement is the version in force on the date the Statement of Work is signed. Material changes during the life of an Engagement will only take effect if agreed in writing by both parties.

22. Entire Agreement and Severability

These Terms and Conditions, together with the relevant Statement of Work, constitute the entire agreement between the parties in relation to the Engagement and supersede any prior discussions, proposals, or representations. No other terms, including any standard purchasing terms of the Client, apply unless expressly accepted in writing by the Provider.

If any provision of these Terms and Conditions is held to be invalid or unenforceable by a court of competent jurisdiction, the remaining provisions remain in full force and effect.

23. Acceptance

Acceptance of these Terms and Conditions is given by one or more of the following:

- Signature of the Statement of Work or proposal that incorporates these Terms and Conditions by reference.
- Written confirmation by email from an authorised representative of the Client.
- Payment of the first invoice or deposit issued under the Statement of Work.

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