

SEVEN RIVERS WELLNESS™ MEDICAL DISCLAIMER

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PLEASE READ THIS DISCLAIMER CAREFULLY BEFORE USING ANY SEVEN RIVERS WELLNESS MATERIALS, PROGRAMMES, OR SERVICES.

1. EDUCATIONAL PURPOSE ONLY

All content provided by Seven Rivers Wellness™ — including but not limited to programmes, videos, audio recordings, PDF guides, website content, social media content, email communications, and free resources — is intended solely for general educational and informational purposes.

Nothing within our materials, programmes, or communications constitutes, or should be construed as, medical advice, diagnosis, treatment, or the practice of any regulated healthcare profession.

2. NOT A SUBSTITUTE FOR PROFESSIONAL CARE

The information, techniques, and practices provided by Seven Rivers Wellness are not a substitute for professional healthcare guidance. If you have any concern about your physical or mental health, you should seek advice from a suitably qualified healthcare professional before beginning any new wellness practice.

Seven Rivers Wellness does not diagnose, treat, cure, or prevent any physical or mental health condition, illness, or disease.

3. INDIVIDUAL VARIATION

All wellness practices — including breathwork, acupressure, therapeutic movement, and meditation — affect individuals differently. What is appropriate and beneficial for one person may not be appropriate for another.

Individual results vary depending on your personal circumstances, health history, consistency of practice, and many other factors outside our control.

4. CONTRAINDICATIONS

Certain techniques included in our programmes and resources may not be suitable for all individuals. You should seek guidance from a suitably qualified healthcare professional before beginning any of our practices if you have, or suspect you may have, any of the following:

Cardiovascular conditions, including heart disease, high or low blood pressure, or a history of stroke

Respiratory conditions, including asthma, COPD, or any condition affecting breathing

Neurological conditions, including epilepsy, seizures, or any condition affecting the nervous system

Mental health conditions, including severe anxiety disorders, PTSD, psychosis, or bipolar disorder

Pregnancy or any condition affecting reproductive health

Recent surgery, injury, or any musculoskeletal condition

Any condition for which vigorous breathing, physical movement, or sustained pressure to the body has been advised against

Any current or recent course of treatment that may be affected by changes to breathing patterns or physical activity

This list is illustrative and not exhaustive. If you are uncertain whether any of our practices are appropriate for you, please seek qualified guidance before proceeding.

5. BREATHWORK SPECIFIC CAUTION

Some breathwork techniques can temporarily alter blood oxygen and carbon dioxide levels. Possible side effects include dizziness, light-headedness, tingling sensations in the hands or face, and in rare cases, temporary loss of consciousness.

Never practise any breathwork technique whilst driving, operating machinery, in water, or in any situation where altered awareness could cause harm to yourself or others.

If you experience any unusual or uncomfortable symptoms during breathwork practice, stop immediately and rest.

6. ACUPRESSURE SPECIFIC CAUTION

Acupressure techniques involve the application of pressure to specific points on the body. Do not apply pressure to areas of broken skin, bruising, infection, inflammation, or varicose veins. If you experience pain or increased discomfort when applying pressure, stop immediately.

Certain acupressure points are contraindicated during pregnancy. If you are pregnant or may be pregnant, seek qualified guidance before using any acupressure techniques.

7. MOVEMENT AND YOGA SPECIFIC CAUTION

All movement practices, including therapeutic yoga sequences, should be approached with care. Never push through pain. Modify or omit any movement that causes discomfort. If you have any injury, recent surgery, or musculoskeletal condition, seek qualified guidance before participating in movement-based practices.

8. MEDICATION AND EXISTING TREATMENT

Our programmes and resources are designed to complement, not replace, any existing treatment or care you may be receiving. If you are currently taking prescribed medication or undergoing treatment of any kind, please do not make any changes to your treatment plan without appropriate guidance.

Holistic practices such as breathwork, acupressure, therapeutic yoga, and meditation can be used alongside conventional and integrative treatments. We actively encourage a collaborative and inclusive approach to your wellbeing.

9. MENTAL HEALTH CAUTION

Some of our practices involve breathwork, body awareness, and meditation, which may surface emotions or physical sensations that feel unfamiliar or uncomfortable. If you are currently

experiencing significant mental health difficulties, please seek appropriate support before beginning any of our programmes or practices.

If at any time you feel overwhelmed, distressed, or unsafe, stop your practice immediately and seek support from a suitably qualified professional.

10. ASSUMPTION OF RISK

By accessing any Seven Rivers Wellness content, programme, or resource, you acknowledge that you are doing so voluntarily and that you assume full responsibility for your own wellbeing and safety.

You agree to:

Use all techniques and practices in accordance with the guidance provided

Stop any practice immediately if you experience pain, discomfort, or adverse reactions

Seek appropriate professional guidance if you have any health concerns before beginning

Take full responsibility for modifications required to suit your individual circumstances

11. LIMITATION OF LIABILITY

To the fullest extent permitted by applicable law, Seven Rivers Wellness™, Matt Dunham, and Sandra Dunham shall not be liable for any injury, harm, loss, or damage of any kind arising from your use of our content, programmes, or resources, or from your failure to seek appropriate professional guidance.

Nothing in this disclaimer limits or excludes liability for death or personal injury caused by negligence, fraud, or any other liability that cannot lawfully be excluded.

12. CONTACT

If you have any questions about this Medical Disclaimer, or if you are unsure whether any of our practices are appropriate for you, please contact us before proceeding.

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