

SEVEN RIVERS WELLNESS™ TERMS & CONDITIONS — 7-DAY NERVOUS SYSTEM RESET

Last Updated: February 2026 Location: sevenrivers-wellness.com/terms-7-day-reset

PLEASE READ THESE TERMS & CONDITIONS CAREFULLY BEFORE PURCHASING THE 7-DAY NERVOUS SYSTEM RESET. BY COMPLETING YOUR PURCHASE, YOU AGREE TO BE BOUND BY THESE TERMS.

1. WHO WE ARE

Seven Rivers Wellness™ is a trading name of Matt Dunham and Sandra Dunham, operating as a limited company registered in the Republic of Ireland.

Registered Address: Available on request Email: info@sevenrivers-wellness.com Website: sevenrivers-wellness.com

2. THE PROGRAMME

The 7-Day Nervous System Reset is a self-guided digital wellness programme. Upon purchase, you receive access to a structured seven-day sequence of video demonstrations, audio practices, PDF guides, and supporting materials, delivered via our online platform.

This is a self-guided programme. It does not include personalised 1:1 sessions, live group calls, or ongoing coaching. Email support is available for technical and general guidance questions, as set out in Section 8 below.

3. PRICE AND PAYMENT

The current price of the 7-Day Nervous System Reset is €179, inclusive of any applicable taxes.

Payment is processed securely via Stripe. We do not store your payment card details. A payment confirmation and receipt will be issued automatically upon successful purchase.

All prices are displayed and charged in Euros (€). If you are purchasing from outside the Eurozone, your bank or card provider may apply a currency conversion charge. We are not responsible for any such charges.

4. ACCESS AND DIGITAL CONTENT — COOLING-OFF PERIOD WAIVER

Upon successful payment, you will receive immediate access to the programme materials via our online platform.

Under the EU Consumer Rights Directive, you ordinarily have a 14-day cooling-off period during which you may cancel a purchase and receive a full refund. However, this right does not apply to digital content where access has been provided immediately, with the consumer's express consent and acknowledgement that the right to cancel is thereby lost.

By completing your purchase, you:

Acknowledge that this is digital content to which you will receive immediate access upon purchase

Expressly request that access be granted immediately

Acknowledge and agree that by accessing the programme materials, you waive your right to the 14-day cooling-off period under the EU Consumer Rights Directive

Confirm that you are 18 years of age or older and legally entitled to enter into this agreement

5. REFUND POLICY

In view of the immediate-access nature of this digital programme, and in accordance with the consumer rights waiver set out in Section 4 above, we do not offer refunds once programme access has been granted.

If you experience a technical problem that prevents you from accessing the programme, please contact us at info@sevenrivers-wellness.com. We will work to resolve any genuine access issues promptly.

Nothing in this refund policy affects your statutory rights in respect of defective digital content under Irish or EU consumer law.

6. INTELLECTUAL PROPERTY AND USAGE RIGHTS

All content within the 7-Day Nervous System Reset — including video recordings, audio files, PDF guides, images, graphics, and text — is the intellectual property of Seven Rivers Wellness™ and is protected by copyright law.

Upon purchase, you receive a personal, non-transferable, non-exclusive licence to access and use the materials for your own personal use only.

You may download materials that are specifically designated as downloadable (such as quick reference cards, audio files, tracking sheets, and practice planners) for your own personal offline use.

You may not:

Share your login credentials with any other person

Download, copy, or redistribute teaching videos or comprehensive programme guides

Use any content for commercial purposes or incorporate it into your own teaching, business, or services

Create derivative works based on the content

Remove copyright notices, watermarks, or attribution from any materials

Record, screenshot, or reproduce materials for any purpose other than personal reference

Post or distribute programme content on social media, file-sharing platforms, or any other channel

Violation of these terms will result in immediate termination of access without refund. We actively monitor for unauthorised use of our content and will pursue appropriate legal remedies where necessary.

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7. PLATFORM ACCESS AND TECHNICAL REQUIREMENTS

Programme materials are hosted on our online platform. To access the programme, you will need a reliable internet connection and a compatible device (computer, tablet, or smartphone) running a supported browser (Chrome, Safari, Firefox, or Edge).

You are responsible for maintaining your login credentials and keeping them secure. You are responsible for ensuring your device and internet connection are adequate to access the platform.

We are not liable for technical issues arising from your internet connection, your device, or your browser. We will provide reasonable assistance via email for genuine platform access issues.

Email: info@sevenrivers-wellness.com Response time: 24–48 hours on business days (Monday to Friday).

8. EMAIL SUPPORT

Limited email support is available throughout the programme for:

Technical queries relating to platform access

Questions seeking clarification on programme structure or technique instructions

General guidance on how to navigate the materials

Email support does not include personalised health advice, individualised wellness protocols, or any form of ongoing coaching or consultation. For personalised support, please enquire about our 12-Week Transformation Programme.

Email: info@sevenrivers-wellness.com Response time: 24–48 hours on business days (Monday to Friday).

9. RESULTS DISCLAIMER

Individual results vary. Many clients experience meaningful improvements in nervous system regulation, sleep quality, anxiety levels, and overall wellbeing. However, we cannot and do not guarantee specific outcomes.

Your results will depend on your individual circumstances, your consistency and commitment to the practices, any pre-existing health conditions, and other factors outside our control.

Testimonials and case studies represent individual experiences and are not a guarantee or prediction of results for any other participant.

By purchasing this programme, you acknowledge that results are not guaranteed and that your outcomes may differ from those of others.

10. ASSUMPTION OF RISK

By purchasing and participating in this programme, you acknowledge and agree that:

You are participating voluntarily

You have read and understood the Medical Disclaimer at sevenrivers-wellness.com/medical-disclaimer

You assume full responsibility for your own wellbeing and safety throughout the programme

You will discontinue any practice that causes pain, discomfort, or adverse reactions

You will seek appropriate professional guidance if you have any health concerns before beginning

You are physically and mentally capable of participating in the practices described

Breathwork, movement, acupuncture, and meditation practices carry inherent risks and may not be suitable for everyone. Please refer to our Medical Disclaimer for full contraindication information.

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 direct, indirect, incidental, consequential, or special damages arising from your use of this programme.

This includes but is not limited to physical injury or adverse health outcomes, emotional distress, lost time or income, technical failures, data loss, or dissatisfaction with programme content or results.

In any event, our maximum liability to you shall not exceed the purchase price paid for this programme — €179.

Nothing in these terms limits or excludes liability for death or personal injury caused by negligence, fraud, or any other liability that cannot lawfully be excluded or limited under Irish or EU law.

12. PRIVACY AND DATA PROTECTION

We collect and process your personal data in accordance with our Privacy Policy, available at sevenrivers-wellness.com/privacy, and in compliance with the General Data Protection Regulation (GDPR).

We collect your name, email address, and payment information (processed securely via Stripe — we do not store card details), together with platform usage data.

Your data is used to deliver the programme, provide platform access, send programme-related communications, and comply with our legal obligations.

We will not sell, rent, or share your personal data with third parties except where required by law or necessary to deliver the service.

You have the right to access, correct, restrict, or request deletion of your personal data at any time by contacting us at info@sevenrivers-wellness.com.

Data Controller: Matt Dunham and Sandra Dunham trading as Seven Rivers Wellness™, Republic of Ireland.

13. TERMINATION OF ACCESS

We reserve the right to terminate your access to the programme immediately and without refund if you:

Violate the intellectual property terms set out in Section 6

Share your login credentials with any other person

Engage in abusive, threatening, or harassing behaviour towards our staff

Misuse the platform or materials in any way contrary to these terms

Provide false information in connection with your purchase

You may cease using the platform at any time. No refund will be provided for voluntary non-use.

14. AMENDMENTS TO THESE TERMS

We reserve the right to amend these Terms & Conditions at any time. Material changes will be communicated to active programme participants by email at least 30 days before taking effect.

Continued use of the programme following any amendment constitutes your acceptance of the revised terms.

15. SEVERABILITY

If any provision of these Terms & Conditions is found to be invalid or unenforceable, that provision shall be severed and the remaining provisions shall continue in full force and effect.

16. ENTIRE AGREEMENT

These Terms & Conditions, together with our Privacy Policy and Medical Disclaimer, constitute the entire agreement between you and Seven Rivers Wellness™ in relation to this programme.

17. GOVERNING LAW AND JURISDICTION

These Terms & Conditions are governed by the laws of the Republic of Ireland. Any dispute arising under or in connection with these terms shall be subject to the exclusive jurisdiction of the Irish courts.

18. CONTACT

Seven Rivers Wellness™ Matt Dunham and Sandra Dunham Republic of Ireland Email: info@sevenrivers-wellness.com Website: sevenrivers-wellness.com

CHECKOUT CONFIRMATION

Before completing your purchase, please confirm the following:

I have read and agree to the Terms & Conditions, Privacy Policy, and Medical Disclaimer. I understand that this is digital content to which I will receive immediate access upon purchase. I understand that by accessing the programme materials, I waive my 14-day cooling-off right under the EU Consumer Rights Directive. I confirm that I am 18 years of age or older.

BY COMPLETING YOUR PURCHASE, YOU CONFIRM THAT YOU HAVE READ, UNDERSTOOD, AND AGREE TO BE BOUND BY THESE TERMS & CONDITIONS.

