

# SEVEN RIVERS WELLNESS™ TERMS & CONDITIONS — EMERGENCY CALM RESCUE KIT

Last Updated: February 2026 Location: [sevenrivers-wellness.com/terms-emergency-kit](https://sevenrivers-wellness.com/terms-emergency-kit)

PLEASE READ THESE TERMS & CONDITIONS CAREFULLY. BY DOWNLOADING THE EMERGENCY CALM RESCUE KIT, 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](mailto:info@sevenrivers-wellness.com) Website: [sevenrivers-wellness.com](https://sevenrivers-wellness.com)

## 2. THE RESOURCE

The Emergency Calm Rescue Kit is a free digital resource provided by Seven Rivers Wellness™ for general educational and informational purposes. It includes a PDF guide and accompanying demonstration videos.

This resource is provided free of charge. No purchase is required.

## 3. GRANT OF LICENCE

By downloading the Emergency Calm Rescue Kit, you receive a personal, non-transferable, non-exclusive licence to use the materials for your own personal use only.

You may not:

Redistribute, sell, or share these materials with others, whether or not for commercial gain

Claim ownership of any content within the kit

Use the materials for commercial purposes or incorporate them into your own teaching, business, or services

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Remove copyright notices or attribution from any materials

Post the materials on file-sharing platforms, social media, or any other channel

## 4. INTELLECTUAL PROPERTY

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Seven Rivers Wellness™ is a trading name registered in the Republic of Ireland.

We actively monitor for unauthorised use and distribution of our content. Unauthorised use, reproduction, or distribution of our materials is strictly prohibited and may result in legal action.

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## 5. EMAIL COMMUNICATIONS

By providing your email address to download this resource, you consent to receive:

The requested download link and welcome email

Educational content related to nervous system regulation and holistic wellness

Information about Seven Rivers Wellness programmes and services

You may unsubscribe from these communications at any time using the unsubscribe link provided in every email. Unsubscribing will not affect your right to retain and use the downloaded materials.

Your email address will not be sold, rented, or shared with third parties, except as required by law or as necessary to deliver the service (for example, our email platform provider).

For full details of how we handle your data, please see our Privacy Policy at [sevenrivers-wellness.com/privacy](https://sevenrivers-wellness.com/privacy).

## 6. NO WARRANTIES

The Emergency Calm Rescue Kit is provided on an "as is" basis without warranties of any kind, express or implied.

We make no guarantees about specific results you may or may not achieve using these techniques. Individual results vary depending on your personal circumstances, consistency of practice, and other factors outside our control.

## 7. MEDICAL DISCLAIMER

The content of the Emergency Calm Rescue Kit is for educational and informational purposes only. It is not medical advice and should not be treated as such.

Certain techniques may not be suitable for all individuals. Please refer to our full Medical Disclaimer at [sevenrivers-wellness.com/medical-disclaimer](https://sevenrivers-wellness.com/medical-disclaimer) for important contraindication information before using any of the techniques.

If you have any concerns about your health, seek guidance from a suitably qualified healthcare professional before using any of the techniques in this kit.

## 8. ASSUMPTION OF RISK

By downloading and using this resource, you acknowledge that:

You are doing so voluntarily

You assume full responsibility for your own wellbeing and safety

You will discontinue any technique immediately if it causes pain, discomfort, or any adverse reaction

You have read and understood the Medical Disclaimer at [sevenrivers-wellness.com/medical-disclaimer](https://sevenrivers-wellness.com/medical-disclaimer)

## 9. LIMITATION OF LIABILITY

Seven Rivers Wellness™, Matt Dunham, and Sandra Dunham shall not be liable for any injuries, damages, or adverse effects — direct, indirect, or consequential — arising from the use or misuse of the techniques described in the Emergency Calm Rescue Kit.

Use of these materials is entirely at your own risk.

As this resource is provided free of charge, in no event shall our liability exceed the amount paid for access to these materials (€0).

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 under Irish or EU law.

## 10. 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.

## 11. CONTACT

Seven Rivers Wellness™ Matt Dunham and Sandra Dunham Republic of Ireland Email: [info@sevenrivers-wellness.com](mailto:info@sevenrivers-wellness.com) Website: [sevenrivers-wellness.com](http://sevenrivers-wellness.com)

For questions about these terms, please contact us using the details above.

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