

Terms and Conditions for Enrich Mediation Courses



Complete the registration form and send it to me before you begin classes.

Please let me know if you won't be attending a class.

If you have any mental health issues, please see your doctor or mental health team before starting a course to get signed consent from them.

Please respect other course attendees.

Meditation can bring out emotions, so please be respectful and understanding of your own and each other's experiences.

Please find a place where you won't be disturbed for the duration of the class.

Please switch off phones and notifications as meditation heightens the senses and they can be disruptive.

If you are going to be late please let me know (for in-person classes please sit on the chair by the door until an appropriate time to get seated).

It's very common for the body to make sounds like stomach rumbling, coughing and sometimes for people to fall asleep and snore. Please be aware that these can be normal physical reactions and be accepting of them.

If required, we can have a quick toilet break.

During online meditations, please put yourself on mute.