



GROUNDLED SOLES

INTEGRATED HOLISTIC THERAPY



Class Agreement

Welcome

Welcome to Grounded Soles – Integrated Holistic Therapy. These sessions are designed to support you and your baby in connecting, relaxing, and developing together in a calm, nurturing, and professional environment.

To ensure a safe, respectful, and supportive experience for all participants, please review the following information.

Class Values & Responsibilities

By attending the class, you agree to:

- Make every effort to arrive on time and inform the instructor if you are delayed or unable to attend.
- Participate positively and respectfully, honouring personal space, boundaries, and differing views.
- Respect all parenting choices and maintain confidentiality within the group.
- Understand that sessions are baby-led and that feeding, comforting, or changing your baby during class is expected and welcomed.
- Attend sessions only when you and your baby are well.
- Inform the instructor of any relevant medical conditions, special needs, or changes.
- Follow all safety guidance provided during sessions.
- Refrain from taking photographs or videos of other participants or babies.
- Communicate any questions, concerns, or feedback directly with the instructor.

✉ diane@groundedsoles.org

☎ 07761054666



Grounded Soles



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Health, Safety & Scope of Practice

- The instructor is fully qualified and insured to deliver Baby Massage, Reflexology, and Yoga through Grounded Soles – Integrated Holistic Therapy.
- Sessions are supportive and educational in nature and do not replace medical advice or treatment.
- Parents and caregivers remain responsible for their baby's safety and wellbeing throughout each session.

Payment & Cancellations

- Class places are confirmed upon receipt of a deposit or full payment.
- Refunds are available for cancellations made more than 3 days before the course start date.
- Missed sessions are non-refundable; alternative sessions may be offered where availability allows.
- If a session is cancelled by the instructor, a rescheduled class will be provided.

Privacy & Liability

- Personal information is stored securely and used only for class administration in line with GDPR.
- Grounded Soles – Integrated Holistic Therapy accepts no liability for injury, loss, or damage except where caused by proven negligence.

**PLEASE COMPLETE AND RETURN THE ENROLMENT & DECLARATION FORM
TO
diane@groundedsoles.org**

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 [grounded_soles_](https://www.instagram.com/grounded_soles_)