

Rose Kriya Disclaimer

Just as if you're entering a yoga studio, the below is your participation waiver for this course. Please be aware that proceeding to join a rose circle shows acceptance of this disclaimer. You may also sign and send to ishtarablue@gmail.com or send an email just saying that you agree.

It is essential to confidentially inform me before class regarding the following -

1. **Pregnancy.** Some pranayams are not suitable for pregnancy. Practise can be adapted if you are keen to attend. You agree that you participate having read the information sheet on Women's Cycles in this information pack
2. **Menstruation.** Likewise please read the information sheet on Women's Cycles in this information pack
3. **Health issues.** Please inform me if you have any health concerns (mental or physical)
4. **Detoxification.** When kundalini rises there can be amplification of subconscious realms as it moves into the conscious to be cleared, which may manifest as things like nightmares. Many see this as a 'by the by' and it resolves naturally with the work. But it is good to be aware and self responsible. We move slowly, there is no fast forced kundalini activation, this is more of a step by step up the mountain then shooting to the top. However, sometimes intense activations can happen.

If things get too intense you can A. pause or slow down kriya & breath, and focus on some grounding practices and/or C. find your own support to help you move through (individualised support is not included unless you book private sessions but there is an online group for discussion, questions and feedback and you can email privately too).

It is my belief that this amplification is happening right now anyway en masse for humanity and that this work actually helps stabilise the nervous system, anchor embodiment of high frequency, and assist any ascension symptoms, processes or trauma or environmental interferences that we are now in, but of course everyone presents differently. By proceeding you automatically agree to take self responsibility for any detoxification that may result, and for your own wellbeing at all times.

YOU ARE SELF RESPONSIBLE AT ALL TIMES. These pranayama and kriya practices are taught in accordance with certified trainings in yogic schools but I am not responsible for your unique situation and wellbeing. You are ultimately to take self responsibility for your own wellbeing at all times. I share the teachings as they come, and the rest is up to you: to receive or not, to push through any resistance or not etc

DO NOT SHARE ANY TEACHINGS ie This is not a teacher training, and the rose temple does share certified trainings in other modalities (priestess, mediumship) and may run teacher training in rose kriya at some point in future. These sacred practices include pranayama and yogic kriya, so please do not teach them to others unless you are teacher trained. Some Kriyas are ancient secretive practices, and not to be placed before those not ready to see the sacred pearls. It is your own path and this is a decision ultimately between you and God, please always respect this.

“I understand that if I experience any pain or discomfort during Himalayan Yoga, Kriya, Pranayam or Rose journeying, that I should listen to my body, adjust the posture, pause and rest; that Rose Kriya is not a substitute for medical care or therapy and that I should consult a healthcare professional for any concerns. I hereby release and discharge the teacher, from any and all claims or causes of action that I may have arising out of my participation in this class.”

I represent and warrant that I am in good physical health and do not suffer from any medical condition which would limit my participation in the classes offered by (Ishtara Rose at) Way of the Rose. I understand that it is my responsibility to consult with a physician prior to taking any classes or instruction regarding my participation in any of the yoga exercises or activities. I understand the risks associated with the activities offered by Ishtara Rose at Way of the Rose and I agree to follow all instructions that are given to me regarding all aspects of these yoga activities, including but not limited to I how I can safely participate.

*I hereby **RELEASE** Way of the Rose and **WAIVE** any and all claims, demands, causes of action of any kind, against Way of the Rose, its owners, officers, employees, and instructors resulting from or related to my participation in the activities and programs offered in any online course. In taking part in the yoga exercises and activities through Ishtara Rose at Way of the Rose, I understand and acknowledge that I am fully responsible for any and all risks, injuries, or damages, known or unknown, which might occur as a result of my participation in the yoga exercises and activities.*

I recognize that there is risk involved in the types of yoga exercise or activities offered. Therefore, I accept financial responsibility for any injury that I may cause either to me or to any other participant due to my conduct, whether such be negligent or otherwise. Should Way of the Rose, or anyone acting on its or their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to reimburse them for such fees and costs. I further agree to indemnify and hold harmless Way of the Rose, its or their principals, agents, instructors, employees, and volunteers from liability for the injury or death of any person(s) and/or damage to property that may result from my conduct, whether negligent or otherwise, while participating in the yoga exercises or activities offered, regardless of nature, duration, or location.

I have read the above release, waiver of liability and indemnity and hold harmless provisions and fully understand these contents. I am legally competent to electronically sign and voluntarily agree to the terms and conditions stated above.

Way of the Rose General Disclaimer

for distance work, audio courses, readings and so forth.

i **Sacred Conduct.** Please respect any audio contents and which are reserved for your own private support. It is part of your sacred conduct to keep the material for your own use only and not to share them out to 3rd parties until otherwise previously agreed in specialised circumstances.

ii **Digital Storage.** You are responsible for managing your own digital downloads and storage of online content if any digital files are sent to you as well as accessing groups.

iii **Recordings.** Readings may at times be recorded for replay purposes and sent by audio. Please request prior to meeting if you do not want it recorded. Some sessions may take place by audio and not by video.

iv **Channeled Information.** Acceptance or otherwise of the validity of any supposed form of psychic, spiritual or paranormal phenomena, including but not limited to, readings, exercises, meditations and advice given by means of divinatory arts such as

but not limited to Tarot, Clairvoyance and Channeled Information, is a matter of personal belief & no claim is made as to the accuracy of information provided by such means and clients are advised to use their own judgment as to whether to act on the basis of information provided in this way.

v **Mental, Emotional and Physical Health and Wellbeing.** Please advise if you have any diagnosed mental health before commencing any work. You are responsible at all times for your emotional, physical and mental wellbeing before, during or after any work. All or any information presented does not seek to replace any medical or life advice at any time and it is up to the client to take responsibility to do their own research.

vi **Acting on Information.** Ishtara accepts no responsibility for any repercussions or decisions made following any information presented, which remains in all circumstances solely the responsibility of the client.

vii **Awareness of Detoxification.** Intensive spiritual work can sometimes bring detoxification symptoms and if this happens, it is up to the client to take self responsibility to find appropriate support.

viii **Cancellations and Refunds.** Cancellations can be given after booking, but no refunds are given once a reading has taken place or a course has commenced.

In summary,

I have been sent and read the information regarding women's cycles and pregnancy and I take full responsibility for my self including for my physical, emotional and mental well-being at all times as well as for any repercussions or decisions made from following any content or advise, during or after, and in all circumstances.

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Attendee can sign & date here, in pen or digitally or you can simply email to say you agree to these terms ishtarablue@gmail.com

Please also be aware that by having received this, by proceeding with any work with Ishtara then you automatically do so under the agreement of the above.