



Life in Practice

Terms & Conditions & Disclaimer

1. About Life in Practice

Life in Practice provides wellbeing services including, but not limited to:

- Wellbeing sessions and programmes
- Meditation sessions and coaching
- Yoga classes and sessions
- Workshops and group programmes
- Corporate wellbeing services

Bookings and payments are processed via **Calendly** and **Stripe**, unless otherwise agreed.

2. Acceptance of Terms

By purchasing, booking, or participating in any service provided by Life in Practice and delivered by **Krisztina Milak**, you confirm that you have read, understood, and agreed to these Terms & Conditions.

Participation in any session constitutes acceptance of this agreement.

3. Disclaimer

All services offered by Life in Practice are intended to support general wellbeing, personal development, and self-awareness.

They are **not a substitute for**:

- Medical advice or treatment
- Mental health care
- Counselling or psychotherapy

Krisztina Milak does not diagnose, treat, or cure any medical or psychological conditions and does not act as a licensed healthcare professional.

Coaching and wellbeing services are part of an **unregulated industry in the UK**.



4. Client Responsibility

By engaging in services, you acknowledge that:

- You are fully responsible for your physical, mental, and emotional wellbeing
- You make your own decisions and take full responsibility for your actions and outcomes
- Results are not guaranteed
- Any guidance provided is for support and insight only

For yoga and physical sessions, you confirm you are fit to participate and will inform the instructor of any injuries or health concerns.

5. Confidentiality

All personal and business information shared during sessions will be treated as confidential, except:

- Where disclosure is required by law
- Where there is risk of harm to yourself or others
- Where abuse or neglect is disclosed

Please note that communication via email, phone, or online platforms (e.g. Google Meet) carries inherent security risks.

6. Services & Session Format

Sessions may be delivered:

- Online (e.g. Google Meet)
- In person (where agreed)
- In group or corporate settings

Session length is typically **60 minutes**, unless otherwise agreed.

7. Booking & Scheduling

- Sessions can be booked up to **3 months in advance**
 - Dates and times are agreed mutually and confirmed via email or booking platform
 - A recommended schedule may be suggested but is flexible
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8. Fees & Payment

- All fees are payable **in advance**, unless otherwise agreed
 - Payment is required to confirm a booking
 - Life in Practice reserves the right to refuse services where payment has not been received
 - Late payments (where invoiced) may incur additional charges
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9. Cancellations & Rescheduling

- A minimum of **48 hours' notice** is required to reschedule
- Sessions cancelled with less than 48 hours' notice are non-refundable
- In exceptional circumstances, Life in Practice may reschedule sessions with notice

All prepaid sessions must be used within **6 months**, unless otherwise agreed.

10. Additional Support Between Sessions

Reasonable contact (e.g. email for clarification or scheduling) is included. Additional coaching or support outside sessions may incur extra charges, which will always be agreed in advance.

11. Programme Completion & Feedback

Clients may be invited to provide feedback after sessions or programmes to support continuous improvement of services.

12. Early Termination

Life in Practice reserves the right to:

- Refuse or terminate services
- End sessions early

This may occur in cases such as:

- Inappropriate behaviour
- Conflict of interest
- Illness or unforeseen circumstances

Any unused prepaid sessions will be refunded.



13. Liability

Life in Practice and Krisztina Milak are not liable for:

- Any direct or indirect loss (financial, personal, or otherwise)
- Outcomes resulting from decisions made by the client

You agree to release and hold harmless Life in Practice from any claims arising from your participation.

14. Changes to Terms

Life in Practice may update these Terms & Conditions with **at least 7 days' notice**.

If you do not agree with changes, you may cancel future sessions and receive a refund for any unused prepaid services.

15. Governing Law

These Terms & Conditions are governed by the laws of **England and Wales**, and any disputes will fall under their jurisdiction.

16. Contact & Feedback

Feedback is welcomed and can be shared during sessions or via written communication to Life in Practice.

17. Health Waiver (Yoga & Physical Activity)

By participating in yoga classes, movement sessions, or any physical wellbeing activities provided by Life in Practice, you confirm that:

- You are physically fit and have no medical condition that would prevent safe participation
- You have consulted a medical professional where necessary before participating
- You will inform the instructor of any injuries, medical conditions, or limitations prior to the session

You understand that:

- Physical activity carries inherent risks, including injury
- You participate voluntarily and at your own risk
- You are responsible for listening to your body and stopping if discomfort or pain arises



Life in Practice and Krisztina Milak are not liable for:

- Injuries sustained during or after participation
- Any health-related complications arising from participation

By attending sessions, you agree to assume full responsibility for your health and wellbeing.

18. Data Protection & GDPR

Life in Practice is committed to protecting your personal data in accordance with the UK General Data Protection Regulation and the Data Protection Act 2018.

Data Collection

We may collect and process the following information:

- Name and contact details (email, phone number)
- Booking and payment information
- Health information relevant to your participation (where voluntarily provided)

Use of Data

Your data is used to:

- Manage bookings and deliver services
- Communicate with you regarding sessions and updates
- Improve services and client experience

Data Storage & Security

- Your data is stored securely and only retained as long as necessary
- Reasonable measures are taken to protect your information from unauthorised access

Third Parties

We may use trusted third-party platforms (e.g. Calendly, Stripe) to process bookings and payments. These providers handle data in accordance with their own privacy policies.

Your Rights

You have the right to:

- Access your personal data
- Request correction or deletion of your data
- Withdraw consent at any time
- Lodge a complaint with the Information Commissioner's Office

By using our services, you consent to the collection and use of your data as outlined above.



19. Corporate Services Clause

For corporate clients engaging Life in Practice for workplace wellbeing services:

Scope of Services

Services may include workshops, group sessions, wellbeing programmes, or tailored offerings agreed in writing between Life in Practice and the organisation.

Booking & Payment

- Fees, session formats, and schedules will be agreed in advance
- Payment terms will be outlined in a proposal or invoice
- Late payments may result in suspension of services

Client Responsibilities (Organisation)

The organisation agrees to:

- Provide a safe and suitable environment for in-person sessions
- Ensure participants are informed of session details
- Encourage voluntary participation

Participant Responsibility

Individual participants remain responsible for:

- Their own wellbeing and participation decisions
- Informing facilitators of any relevant health conditions

Confidentiality

- Personal sharing during sessions will be treated confidentially
- No sensitive personal data will be shared with the organisation without explicit consent

Liability

Life in Practice is not responsible for:

- Individual participant outcomes
- Any indirect or consequential loss arising from services

Cancellation

- Corporate bookings may require longer notice periods (e.g. 5–10 working days), as agreed in advance
- Cancellation terms will be specified in the service agreement