

Full Terms & Conditions ~ Restorative Rest with Antoinette

Last updated: September 2025

1. Introduction

Restorative Rest is a sole trader business based in England, UK.

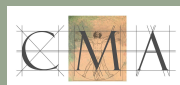
Services are provided in person and online, within the United Kingdom, Channel Islands, and Isle of Man.

These Terms & Conditions apply to all offerings, and set out the agreement between you ("the Client") and Restorative Rest with Antoinette ("the Practitioner") for all services, sessions, events, and courses. By booking or attending any session, workshop, or course, you agree to the following:

2. Scope of Services

Restorative Rest offers:

- EFT (Emotional Freedom Techniques) & TFT (Thought Field Therapy): individual sessions and workshops

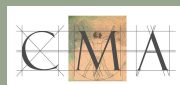


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- NSDR~Yoga Nidra Meditation (Non-Sleep Deep Rest / "Mind Awake Body Asleep"): individual sessions, small groups, large groups, and workshops
- Breathwork: session integrated and short stand-alone guided breath-based practices
- Animal Support: EFT/TFT techniques to assist clients in supporting their animals
- TBA: Online Courses ~ Restorative Rest on Thinkific, and future digital offerings
- Sessions at Restorative Rest do not provide treatment for addictions, clinical depression, PTSD/C-PTSD, or severe psychological disorders. These services are complementary practices intended for wellbeing support, and are not a substitute for professional medical or mental health care.

3. Discovery Calls

- 20-minute Discovery Call required for all new clients
- No cost, no obligation, does not guarantee suitability
- Discovery Calls may be booked up 24 hours in advance
- Discovery Call bookings available up to 3 weeks in advance



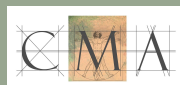
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- First time clients may book sessions directly using a link provided after their Discovery Call

4. Bookings & Payments

- Returning clients may book sessions directly, using a link provided after their first session
- One-to-one and small group sessions to be booked no less than 48 hours in advance, to allow for spacious enough scheduling and preparation.
- All NSDR~Yoga Nidra one-to-one and small group sessions must be booked as a set of sessions:
 - NSDR~Yoga Nidra one-to-one 9 × 1-hour sessions, to be taken within 8 weeks of the first session
 - Small Group NSDR~Yoga Nidra: 8 × 45–60 minute sessions, to be taken within 8 weeks of the first session
- Full payment is required in advance for all services
- Accepted payment methods include: PayPal (link/QR code), SumUp (machine/QR code), and bank transfer
- In-person events may also accept card payment via SumUp

5. Cancellations & Rescheduling



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- All sessions, workshops, and events are non-refundable
- Missed or late-cancelled sessions cannot be rescheduled
- NSDR-Yoga Nidra, and one-to-one EFT/TFT sessions may be rescheduled up to 48 hours before the scheduled time
- NSDR~Yoga Nidra Meditation: any rescheduled session must be taken within the original 8 week period
- One-to-one EFT/TFT tapping: any rescheduled session must be taken within 3 months of the original session date
- Workshops, large groups, and events: rescheduling isn't available, so we kindly ask that you book with this in mind to avoid disappointment.

6. Workshops & Small Group Sessions Code of Conduct

Whichever type of session you attend, agreeing to follow the guidelines below is a prerequisite ~ this helps create a safe, supportive, confidential and respectful space for everyone. And because I take kindness and confidentiality seriously, breaching them may result in removal from the session and loss of access to future sessions. Your respectful and confidential participation helps keep our space gentle, safe, light, and nourishing for all:



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- **Social Media Sharing:** If you'd like to share your experience, thank you ~ it truly helps others find their way here. When posting, please link to my website rather than sharing session content out of context.
- **Session Materials:** All supporting materials shared in our sessions are created with care. You're very welcome to photograph slides or notes for your own personal use. If you'd like to share anything more widely, please just ask for written consent first.
- **Respect & Confidentiality:** Please be kind, respectful, and supportive in your comments, and honour the confidentiality of everyone in the group. Even among familiar faces, unconscious negative patterns, unkind remarks, or breaches of confidence can cause harm. Additionally, hate speech, racism, or any form of unkindness will not be accepted.
- **Recording & AI:** To protect everyone's privacy, please refrain from recording sessions, taking screenshots that include other participants, or using AI tools with session content.
- **Cultivating Kind Feedback & Self-Compassion:** To support self-compassion and loving-kindness, which is foundational in the somatic practices I offer ~ and to help build new neural pathways that balance the conditioned critical ones we all carry



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~ you will be invited to share only kind or loving feedback about what you've observed in yourself. And should you wish to, also about my guidance. Because of the safely held space in which you will have experienced your session, the above [albeit uncommon] approach, encourages an inner voice that notices benefits, builds self awareness, celebrates progress, and cultivates balance and a gentle connection to self, rather than automatically defaulting to [self] criticism.

7. Client Responsibilities

- Participation in all services is voluntary and invitational. Clients retain full agency and are responsible for their own wellbeing at all times.
- Practices offered are complementary, not medical treatments, and do not replace the care of a doctor or other licensed healthcare provider.
- Clients are encouraged to consult their GP or relevant healthcare professional regarding any physical or mental health conditions.



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- By booking, clients agree that they are responsible for their own physical, emotional, and spiritual experiences during and after sessions.
- Late arrivals may result in you experiencing a shorter session to ensure fairness and respect for the following client's time.
- For group sessions or events, late arrivals may mean you end up missing part of the session as we begin promptly to respect everyone's time. And in the case of NSDR-Yoga Nidra meditation, arriving late might even mean you end up missing the whole session, as I'd be unable to check the waiting room once we've already started the meditation.

8. Professional & Personal Boundaries

- While these practices are heart-led, participation is professional. And so, should the Practitioner and a previously unknown EFT/TFT tapping Client encounter one another outside of sessions, the Practitioner will not acknowledge the Client unless the Client chooses to do so first. This helps protect both your privacy and our professional and personal boundaries, and reflects the compassion, courtesy, kindness, confidentiality and respect at the heart of this work.



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- If we are already in a dual relationship (such as friends, colleagues, neighbours, acquaintances, family, etc.), I will not initiate conversations outside of sessions about our EFT/TFT sessions unless this has been agreed in advance. To ensure mutual respect and clarity, any session-related discussions will be arranged for a dedicated time, rather than addressed spontaneously. Again, this helps protect your privacy, honours our boundaries, and reflects the compassion, courtesy, kindness, confidentiality and respect at the heart of this work.

9. Limitation of Liability

- Clients participate at their own risk and take full responsibility for their own wellbeing.
- Guarantee for specific outcomes or results cannot be given.
- The Practitioner is not responsible for any decisions, actions, or experiences a client has during or after a session.
- Nothing provided constitutes medical, psychological, or veterinary diagnosis, treatment, or advice.

10. Consent & Waiver Requirement



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- All participants in one-to-one sessions, small groups, workshops, or events are required to have signed a consent and waiver for the specific modality they are attending (EFT/TFT, NSDR–Yoga Nidra, Breathwork, etc.). This ensures that you understand the nature of the practice, potential benefits and risks, and your responsibility for your own wellbeing. Participation confirms that you have read, acknowledged, and agreed to these terms.

11. Blog & Subscriptions

- Blog or email subscriptions, when activated, will be optional and may be cancelled at any time by the subscriber

12. Jurisdiction

- These Terms & Conditions are governed by the laws of England and Wales.
- Restorative Rest operates within the United Kingdom, Channel Islands, and Isle of Man.

For questions about these Terms & Conditions, please contact Antoinette via email at restorativerest@pm.me

