

## Voice lessons with Sophie Lair-Berreby

### Remote or in person



**Important Disclaimer:** These lessons are designed for educational and personal growth purposes. They may involve physical movement, breathing and vocal exercises, and exploration of personal expression, which can sometimes evoke emotional responses.

Participation in these voice lessons involves physical and emotional experiences. By participating, you acknowledge that you are responsible for your own well-being and any decision made during or after the lesson. These lessons are for educational and experiential purposes, and are not a substitute for professional medical or therapeutic advice. If you have any physical or psychological conditions, please consult with your healthcare provider before participating.

By signing up for these lessons, you understand and agree to the following:

- **Personal Responsibility:** You are solely responsible for your physical and emotional well-being throughout the lesson. You agree to listen to your body, modify activities as needed, and take breaks when necessary.
- **Not Medical Advice:** The information and techniques shared in these lessons are not intended to diagnose, treat, cure, or prevent any medical or psychological condition. These lessons are not a substitute for professional medical or therapeutic advice.
- **Consultation with Professionals:** If you have any pre-existing physical or psychological condition, injury, or concern, it is your responsibility to consult with your physician, therapist, or other qualified healthcare provider before participating in these lessons.
- **Voluntary Participation:** Your participation in all activities is voluntary, and you have the right to opt out of any exercise or discussion at any time.
- **No Guarantees:** While the lessons aim to provide valuable tools and experiences, there are no guarantees of specific outcomes or results.
- **Release of Liability:** To the fullest extent permitted by law, you release the provider of these lessons from any liability for any loss, damage, injury or death, that may occur as a result of your participation.

Print name: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Phone #: \_\_\_\_\_

Date: \_\_\_\_\_ In: \_\_\_\_\_

Sign: \_\_\_\_\_