

Health and Safety Disclaimer

The sound baths, breathwork, meditation and gentle movement offered by Serenity & Flow Wellness Lounge LLC are intended to support relaxation and general well-being. These services are complementary wellness practices and are not medical care, mental health treatment or a substitute for evaluation, diagnosis or treatment by a licensed healthcare professional. No specific health outcome is promised or guaranteed.

Please consult your physician or qualified healthcare provider before participating if you are pregnant; have a cardiovascular, respiratory or neurological condition; have a seizure disorder, significant hearing or sound sensitivity, a recent injury or surgery; use an implanted electronic medical device such as a pacemaker or defibrillator; or have any other condition that may be affected by sound, vibration, breathwork or movement.

Ordinary orthopedic implants—including joint replacements, plates, pins and screws—do not automatically prevent participation. However, participants with concerns should obtain guidance from their healthcare provider.

Participation is voluntary. You may modify or decline any activity and may leave the session at any time. Stop immediately and notify the facilitator if you experience pain, dizziness, shortness of breath, nausea, anxiety or other discomfort.

Serenity & Flow Wellness Lounge LLC does not provide medical advice or emergency medical treatment. In a medical emergency, call 911 or seek immediate medical care.