



Waiver of Liability – LightfulYou LLC by Leonie Brückner Offers

The purpose of this release and waiver (the “Waiver”) is to openly communicate the risks associated with Kundalini Energy Activation Journeys and to release Leonie Brückner & LightfulYou LCC of any liability. The more this Waiver is relevant for ALL LIGHTFULYOU LLC LEONIE BRÜCKNER OFFERS.

Please be aware that if you do not sign this Waiver and agree to its terms, you will not be able to participate in Kundalini Energy Activation Journeys or attempt any of my offering like Menotring, Kundalini Activation Facilitator Training, Energyhealing and in Person Yoga and Embodiment Classes.

You must be at least 18 years old to participate, without exceptions. In addition, Kundalini Energy Activation Journeys are not fit for anyone who suffers from severe post-traumatic stress syndrome (PTSD), bipolar episodes, mental instability, severe anxiety attacks, a history of mania, delusion, or psychosis, or any other severe mental, emotional, or personality disorders. If you suffer or have suffered from any of the above-mentioned symptoms, you must provide written consent from your doctor before participating.

There are no refunds for these sessions.

Parties

We will refer to Leonie Brückner, LightfulYou LLC, as “LightfulYou,” “us,” “we,” or “our,” and we will refer to you, the undersigned (electronically or by hand) or person who has clicked “I Agree” to this Waiver, as “you” or “your.”

The Services

Kundalini Energy Activation Journeys are an energy-based healing approach that supports the mind, body, and spirit in expanding, self-healing, and deepening connection. This may be done **in person or through an online space with other individuals** and involves seeing you over Zoom (or a similar platform) on camera.

These activation sessions are not a substitute for medical or psychological attention, examination, diagnosis, or treatment. They are not replacements for medical treatments or medical care prescribed by physicians.



Inherent Risks

You understand that receiving the Services poses inherent risks and potential side effects, some more obvious or serious than others. These risks can result in serious harm and injuries that could change your quality of life, so we want you to be aware of them beforehand. Potential side effects and injuries include, but are not limited to:

- Physical risks: muscle tears, strains, and other musculoskeletal injuries, sprains, fractures, broken bones, cardiovascular complications, high blood pressure, dehydration, dizziness, and fainting.
- Risks from over-supplementation or improper supplementation, including allergic reaction, toxic overload, digestive distress, headaches, or worsening of existing symptoms.
- Emotional, psychological, and physiological changes such as distress, fatigue, disorientation, confronting difficult issues, or resurfacing suppressed emotions or thoughts due to the nature of the spiritual and energy-clearing process.
- Risks during pregnancy or postpartum, including but not limited to pregnancy loss, low birth weight, early delivery, and postpartum complications.

Affirmation of Health

By agreeing to receive the Services, you affirm that you have sought medical advice and consulted with your primary care physician to determine that these are the right treatments for you and do not pose a significantly increased risk to your health.

If you have any pre-existing medical conditions, physical injuries, weaknesses, or if you are pregnant or post-natal, you must consult with your doctor before engaging with the Services. Please inform LightfulYou immediately if at any point you do not feel well during the Services.

Infectious Disease (In-Person Sessions Only)

You acknowledge that by attending in person, you affirm that you are healthy and do not present an communicable diseases. If you have symptoms, have been in contact with a suspected case, or are otherwise uncertain of your health, you agree not to attend in person and to consult your doctor.



You agree to comply with all health measures and policies implemented by LightfulYou and applicable public health guidelines.

Additional Terms for Online Services

When participating in Kundalini Energy Activation Journeys online, you agree to the following:

- **Technical Responsibility.** You are responsible for having a stable internet connection, a functioning device with video and audio, and access to Zoom (or similar platform). You agree to keep your camera on during the session unless otherwise agreed. LightfulYou is not responsible for technical issues, interruptions, or disconnections.
- **Safe Space.** You will participate in a quiet, private, and safe environment where you can lie down or sit comfortably. You agree not to participate while driving, operating machinery, or engaging in any activity that could endanger yourself or others.
- **Confidentiality.** You will not record, screenshot, or otherwise capture any part of the session. You agree to respect the privacy of other participants and not share their personal experiences outside the group.
- **Substances.** You affirm that you will not participate under the influence of alcohol, recreational drugs, or any substance that impairs your judgment, awareness, or safety.
- **Emotional Responsibility.** You understand that strong emotions, memories, or sensations may arise during the session. You agree to take full responsibility for your well-being during and after the session. You acknowledge that LightfulYou cannot provide emergency or crisis support online and you commit to seeking professional medical or psychological help if needed.
- **Integration.** You understand that energetic processes may continue after the session. You agree to take care of yourself through rest, hydration, and grounding practices after the session.

Medical Disclaimer

You fully understand that LightfulYou is not a medical or healthcare professional and that the Services and any information provided do not constitute medical treatment or advice.

You acknowledge and agree that your use of any dietary, lifestyle, or wellness recommendations is completely voluntary and your sole responsibility. It is your responsibility to obtain competent medical advice from licensed medical or mental health professionals when necessary.

Voluntary Assumption of Risk



You have read this Waiver and understand the risks of receiving the Services provided by LightfulYou. Your signature below, electronic signature, or clicking “I Agree,” illustrates your voluntary engagement and assumption of the risks of the Services.

Release, Waiver, and Indemnity

You hereby release, hold harmless, indemnify, and waive any claims against LightfulYou, its members, directors, officers, contractors, employees, volunteers, agents, executors, administrators, successors, family members, and assigns (the “Released Parties”) from any liability or damages arising from death or personal injuries, including contraction of communicable diseases or online risks, however caused, including negligence, during the Services.

You agree that this provision applies to you, your family, heirs, executors, or anyone else who may bring a legal action on your behalf in the future.

Continued Agreement

Agreement to this Waiver will act as your continued agreement to all ensuing treatments, workshops, and Services whether in person (inside or outside), online, or via video conferencing tools.

General Legal Provisions

- **Choice of Laws & Venue.** This Waiver is governed by the laws of Germany. All claims will be submitted to the exclusive jurisdiction of the courts of Germany.
- **Severability.** If any provision of this Waiver is invalid or unenforceable, the remaining provisions will remain in full force and effect.
- **Entire Agreement.** This Waiver constitutes the entire agreement between the parties and replaces any prior agreements.
- **Headings.** Headings are for reference only and are not legally binding.
- **Online Agreement.** This Waiver may be signed electronically or agreed to by clicking “I Agree,” which has the same effect as signing by hand. Both parties desire to be bound by all terms of this Agreement.