



Terms and Conditions

“Fit for Life” January 2026

A science-backed small-group course to reset habits, boost energy, and build lasting change

1. Course Overview

This 2-day nutrition and mindset course is intended for educational purposes only and does not replace professional medical advice, diagnosis, or treatment.

2. Booking and Payment

Full payment is required before the first day of the course to secure your place. **Bookings are generally non-refundable, except as outlined below.** Failure to make payment on time may result in cancellation of your booking.

3. Refund Policy

If you are not satisfied after attending the first day of the course, you may request a refund for the second day. This refund will be granted on a pro-rata basis, provided the request is made in writing by 9:00 AM on Day 2. Refunds will be processed within 7 business days. No refunds will be given after the second day has begun.

4. Course Content

We reserve the right to make minor adjustments to the course content, format, and schedule as needed.

5. Participant Responsibilities

We encourage all participants to foster a respectful and supportive environment, for both facilitators and fellow attendees. Creating a space where everyone can engage and grow together is key to the course experience.

6. Health Disclaimer

Any dietary or lifestyle changes discussed should be considered in consultation with your healthcare provider. The course facilitators are not responsible for individual health outcomes. Results may vary based on personal effort, adherence, and pre-existing conditions.

7. Intellectual Property

All materials provided during the course are for personal use only. Copying, distributing, reproducing, or sharing any course content—including handouts, videos, and recordings—without prior written permission is strictly prohibited. Recording or photographing course sessions is not allowed unless explicitly permitted.



8. Liability

We accept no liability for personal injury, loss, or damage sustained during or as a result of participation in the course. Participation is voluntary and at your own risk.

9. Data Protection

Your personal data will be used solely for course administration and communication purposes. It will not be shared with third parties without your consent. Data will be retained only for as long as necessary for these purposes, unless you opt in to further updates or communications and future services.

10. Force Majeure

We are not liable for any delay or cancellation caused by events beyond our reasonable control, including but not limited to natural disasters, illness, internet or power outages, or government restrictions. In such cases, we will make every effort to reschedule or provide a suitable alternative.