

Terms & Conditions, Informed Consent & Acknowledgment of Risk

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1**. About this agreement**
This document explains how I work, what you can expect, what the risks are, and what we each agree to. It applies when you book a session, event, or project with The Shamoan One, or take part in anything I facilitate. Please read it before your first session. Booking and checking the consent box means you've read it and agree. If anything here is unclear, ask me before you book. A free Discovery Call is a good place for that.

2. What I offer
Sound & Energy Sessions (individual, 30, 60, or 120 minutes, or group). I use singing bowls (crystal and metal), a crystal pyramid, RAV Vast and Moon drums, a shamanic skin drum, an ocean drum, chimes, vocal toning, and light language. On the energy side, I work with Reiki (Master level), Theta Healing, Eden Energy Medicine, Ho'oponopono, Quantum Energy Healing, and shamanic healing. I use what fits the moment. Depending on the session, that may include conversation, breathwork, guided meditation, crystal gridding, oracle cards for intention setting, aromatherapy, and hand motions.
DJ Sets & Sound Journeys. Live DJ performances, custom mixes, and sound journeys for events and venues.
Also available by request. Mentorship, workshops and lectures, oracle card readings, custom music projects, music feedback sessions, sacred site trips, and retreat co-facilitation. These are arranged through a conversation first, and the terms below apply to them too unless we agree otherwise in writing.

3. What this work is, and what it isn't
My work is for relaxation, personal growth, self-awareness, and creative exploration. It is not medical treatment, psychotherapy, counseling, or a diagnosis, and it doesn't replace licensed care. I am not a medical doctor, psychiatrist, or licensed therapist. I don't promise any specific result, and I don't tell anyone to stop or change medication or treatment. Please keep working with your own healthcare providers. If you are in crisis or having thoughts of harming yourself, please don't wait for a session. In the US, call or text 988, or call 911 for an emergency.

4. Your health and safety
Sound and breathwork affect the body, so I need to know about certain conditions before we begin.
Please check with your doctor first, and tell me before the session, if any of these apply to you:

- A pacemaker or other implanted device (including artificial heart valves and metal implants)
- Epilepsy or a seizure condition
- Severe sound sensitivity
- Pregnancy (especially the first trimester)

Breathwork. Some sessions, especially the 120 minute session, may include breathwork. If you have a heart condition, a breathing condition (such as asthma), high blood pressure, a seizure condition, or are pregnant, tell me before we start. You can skip or stop breathwork at any time.
By booking, you confirm that you've shared any health conditions that apply, that you're well enough to take part, and that you'll tell me if anything changes before your session.
Age. Sessions are for adults 18 and over. If you'd like to bring a minor, we need to talk first, and a parent or guardian must give written consent and stay for the whole session.

5. What you might feel
Everyone's experience is different. During or after a session, you may notice:

- Tingling, warmth or chills, heavy relaxation, or a sense of energy moving
- Strong emotions, tears, laughter, or memories surfacing
- Tiredness, vivid dreams, or feeling tender for a day or two
- Nothing noticeable at all, which is also normal

You're always in charge. You can pause, ask a question, skip something, or stop the session at any point, for any reason. You don't need to explain.

6. Touch
Physical touch is always optional. Some sessions may include light touch for energy work, or placing an instrument near or on your body. You can ask for no contact at any time, before or during the session, and I'll honor it.

7. Recordings
If you'd like a recording of your session, tell me when you book or before we start. Here's how it works:

- I only record when you ask for it or agree to it.
- The recording is for you. I won't share, post, or use it publicly without your written permission.
- I'll send it to you after the session. I keep my copy for [30 days], then delete it. If you'd like it deleted sooner, just ask.
- For group sessions, I won't record attendees' voices without everyone's agreement.
- If you want to share a recording of your own session, that's up to you. Please don't share recordings of other people.

8. Booking, deposits, and payment
Booking. Book through TidyCal, or contact me directly at Shawn@TheShamoanOne.com.
Deposits. Paid sessions and events need a non-refundable deposit at booking to hold your time. The deposit counts toward your total.
Current deposits are:

- 30 minute session: $22
- 60 minute session: $33
- 120 minute session: $55
- Group ceremony: $111
- Mentorship session: $44
- Music feedback session: $30

Balance. The remaining balance is due at the session. For group events, it's due by the day of the event.
Payment methods. Deposits are collected through TidyCal at booking. For the balance, I accept cash, PayPal, Venmo, and CashApp. I'll send payment details in your confirmation email or once we're in touch. Please don't send payments to any account that didn't come directly from me.
Discounts. Discounts may be available for payment in cash. Ask me when you book.
If money is tight. Payment plans, pay what you can, and exchanges of services or items may be possible. We'll talk it through on a Discovery Call, and any arrangement is agreed on before you book.
In person sessions. You can host me at your location, or I can arrange a private space. We'll sort this out when you book.
Travel. For events outside my local area, travel is $0.65 per mile, or airfare plus lodging. Group sessions beyond 30 miles include travel. Groups larger than 15 are $5 per additional person.

9. Rescheduling and cancellation
If you need to reschedule. Give me at least 24 hours notice and your deposit moves to your new time.
If you cancel, or give less than 24 hours notice, or don't show up. The deposit is forfeited.
If I need to reschedule or cancel. I'll contact you as soon as I can by email or text. You can pick a new time, and your deposit for that next session is waived. You'll also get a free 30 minute session credit to use yourself or give to someone else. If we can't find a time that works, I'll refund your deposit in full.
Events. For DJ performances and large events, we'll confirm the date, rate, and cancellation terms in writing, and that written agreement takes priority over this section.

10. Remote sessions
For online sessions, you're responsible for a stable internet connection and a quiet, private space where you won't be interrupted. I'll send the link before we meet. If technical problems cut a session short on my end, I'll make it up to you. If they happen on your end, the session time may not be extended.

11. Group sessions and events
If you book a group session or event for other people, you're responsible for sharing the health information in Section 4 with your attendees before the event. Everyone takes part voluntarily and for their own well-being, and everyone may pause, step out, or leave at any time. Everyone attending a group session is also asked to follow Sections 3 to 6.
For DJ events, the venue is responsible for the space, its permits and licenses, and the safety of its guests, unless we agree otherwise in writing. Tell me ahead of time about power, space, sound limits, or anything else that affects the setup.

12. Privacy
What you share in sessions, on intake forms, and in conversation stays between us. I won't share it with anyone unless you tell me in writing that I can (a testimonial, for example), or unless the law requires it, or I believe someone is in immediate danger. I only collect what I need to schedule and prepare for your session.

13. Music and creative work
Original music, mixes, custom tracks, and workshop materials created by The Shamoan One stay my intellectual property. A custom track purchase gives you a license for personal use only. Commercial use, distribution, or resale needs a commercial rights add-on, agreed in writing. If you share your own music with me for feedback, it stays yours.

14. Risks and your responsibility

By booking and checking the consent box, you understand and agree that:

1. You're taking part voluntarily. Nobody has pressured you, and you can stop any time.
2. You understand the risks. Sound, vibration, breathwork, and energy work can cause physical sensations and emotional responses, as described in Section 5. You accept these as part of taking part.
3. You're responsible for your health. You've told me about any conditions in Section 4, and you're responsible for your own well-being, choices, and decisions during and after any session.
4. No guarantees. I don't promise any particular result, healing, or outcome, and you understand this work doesn't replace professional care.
5. You've had the chance to ask questions before agreeing.

15. Limits of responsibility

To the fullest extent the law allows, you agree not to hold Shawn Nowek or The Shamoan One responsible for the normal and expected experiences of this work described above. Nothing in this agreement limits responsibility for gross negligence or intentional misconduct, or removes any right you have that the law doesn't allow to be waived.

16. Changes and questions

I may update these terms from time to time. The version in effect when you book applies to your booking. Questions? Email Shawn@TheShamoanOne.com.

17. Agreement

I have read and understood these Terms & Conditions, Informed Consent, and Acknowledgment of Risk. I've shared any health conditions that apply, and I agree to these terms.

Printed name: _____

Signature: _____

Date: _____

Booking through TidyCal and checking the consent box counts as agreement. A signed copy is optional.