

TERMS & CONDITIONS

Effective Date: July 8, 2026

By using this website or participating in any services provided by InSideOut Wellbeing, you agree to the following terms:

1. Services Offered InSideOut Wellbeing offers coaching services, group programs, and digital resources (e.g., PDFs, meditations) for general wellness. Coaching is not a substitute for medical, psychological, or psychiatric care.

2. No Medical Advice Information on this site and in coaching sessions is not intended to diagnose, treat, or prevent any disease. Always consult a qualified healthcare provider before making changes to your health routines.

3. Client Responsibility Clients are responsible for their own results and decisions. Coaching is collaborative, but your participation and commitment are essential.

4. Cancellations & Refunds

- Sessions may be rescheduled with at least 24 hours' notice.
- No-shows or late cancellations may be charged in full.
- Group programs and digital downloads are non-refundable unless otherwise stated.

5. Intellectual Property All content (written, audio, visual) provided by InSideOut Wellbeing is protected by copyright. You may not reproduce, share, or alter materials without permission.

6. Communication We may contact you via email regarding bookings, program updates, or resources. You can opt out of non-essential communications anytime.

7. Jurisdiction These Terms are governed by the laws of both South Africa and the European Union (GDPR-aligned). Any disputes will be handled in accordance with applicable legal standards.

Contact If you have questions, email: monika@insideoutwellbeing.biz