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## Website Terms and Conditions

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### Introduction

Hi there! This website, <http://www.tamalaridge.com/>, is owned and operated by Tamala Ridge ABN: 30 122 907 955. If you have any questions or need further information, please contact me at [tamalaridge@gmail.com.au](mailto:tamalaridge@gmail.com.au).

This document sets out the Terms and Conditions you need to be aware of when using this website. Please take a moment to read them, as they set out your important rights and obligations and I care about making sure we both know where we stand. When you visit this website, use my services or purchase my products, you agree that you are over the age of 18 and willing to be bound by these Terms and Conditions. If you don't accept this agreement, you should not continue to visit this website or purchase from me.

All products and services advertised on this website are offered in compliance with Australian Consumer Law.

### Disclaimer

On this website you will find blog posts, articles, hints and tips, information about health and wellbeing, videos, meditations and EFT tapping scripts. This information is provided solely for your education and personal development.

I take lots of care to provide valuable information, but I cannot be responsible for the use that you make of that information. Please be aware that the generalised information I provide freely on my website is not a substitute for specialist advice tailored to your individual circumstances. There is no professional relationship formed between us unless you explicitly choose to work with me by purchasing my services or products.

Any testimonials and promised results I may display on this website are based on my experience and those of my previous clients. They are not a guarantee that anyone else will achieve the same results.

I may modify the free information provided on this website at any time, including altering or deleting it without notice.

I work primarily with women who want to experience the highest level of health and wellbeing possible, and who are ready to do what it takes to make a change. I work with Spiritual Female Entrepreneurs – coaches, healers, psychics – who hold space for their clients' highest good. You will get the most from my services if you are a divine feminine leader willing to address your own self-sabotaging habits, in order to hold space with a higher level of Integrity for your own clients.

## My Services

None of my programs are suitable for anyone under 18.

If you have a known mental health diagnosis such as (but not limited to) Schizophrenia, Bi-Polar, Anxiety or Depression, my services and programs cannot provide the appropriate support for you at this time.

If you have a high to severe addiction to alcohol (more than 2 standard drinks per day) or an addiction to either Marijuana, Amphetamines or Opiates, my group programs will not be suitable for your needs.

### Individual Consultations

In my 1:1 consultations, I use a mixture of EFT, Spiritual Companionship and mindfulness coaching to take you through the spiral of ascension so that you can resolve, clear and transform any fear, negative beliefs and trauma.

These consultations are intended to support you in creating positive change in your life. My goal is to bring you to a deeper and more intimate connection to yourself, others, earth and spirit which will create a higher level of vibration, success and joy.

### Soul Connection Group Program

This is an 8 week group program designed to take you on a journey from fear to love. We work intimately with the principle that Addiction is the opposite of Connection. During the 8 weeks, I support you to connect more intimately with yourself, others, earth and spirit, in order to turn off your stress response and surrender to the fact that you are SAFE and CONNECTED in the present moment. When you fill your cup with these glorious connection activities, you will find that your desire for your addictions decrease – because you are feeding your soul what it truly, deeply craves.

The addictions that we can address in this program include physical addictions such as alcohol, sugar, comfort eating, caffeine, over-eating, OR emotional/mental addictions such as procrastination, self-criticism, self-sabotage, stress, overwhelm. Please note that this program is not suitable if you are addicted to high or severe levels of alcohol, any illegal drugs or are currently experiencing mental or emotional

disfunction. If this describes your situation, please contact me for other options. It is a condition of participating in this program that you have an "Initial Connection Call" with me to determine your suitability and to make sure that this is the best program to support you.

The guidance and information offered in your Soul Connection Program session is based exclusively on my impressions and experiences. I am not a medical or health practitioner. I offer my clients a spiritual, metaphysical and transpersonal perspective to aid them in their self-healing and self-empowerment.

The information that you provide directly to me in your one-to-one session as a client is confidential and will not be disclosed to any third party at any stage, unless required by law, or if I deem that you are at risk of harm to yourself or others.

You must not be under the influence of alcohol or drugs when participating in any component of the program, and you must disclose any mental health issues that may impact my ability to safely work with you prior to the commencement of the program. You must be in a clear and balanced state of mind to participate in this work. The Soul Connection Program is not counselling or therapy. It is not a medical technique and does not replace the need for medical care.

Currently offered for women only due to the intimate nature of the group program.

### Soul Connection Mentoring Program

This 6 month program is an intensive deep dive into the art of spiritual companioning. Ideal for healers, psychics, coaches, and space holders of all descriptions who want to address their own self-sabotaging habits and learn how to hold space more deeply for themselves and others. I pass on my many skills and tools in space holding to you, so that you can hold space more profoundly and powerfully for your own clients.

This program involves 3 levels – personal, professional and spiritual development. I invite you to step into your divine role as a sacred feminine spiritual leader so that the whole planet can benefit from this work. Currently offered for women only due to the intimate nature of the group program.

The guidance and information offered in your Soul Connection Mentoring Program is based exclusively on my impressions and experiences. I am not a medical or health practitioner. I offer my clients a spiritual, metaphysical and transpersonal perspective to aid them in their self-healing and self-empowerment.

The information that you provide directly to me in your one-to-one session as a client is confidential and will not be disclosed to any third party at any stage, unless required by law, or if I deem that you are at risk of harm to yourself or others.

### Detox Program

This 2 week fully led Detox without Deprivation Program is designed to help you detox physically, mentally, emotionally and spiritually in order to connect more deeply with your soul. All menus, recipes, preparation and re-integration support is provided in a fully comprehensive protocol laid out on a daily basis. My intention is to take you beyond the physical level of detoxing. Your physical toxins have a direct relationship with your mental toxins. Therefore, what you eat affects the type of thoughts that you have – which therefore affects how you feel emotionally. This detox goes much deeper, to uncover the root emotional and mental causes of your addictive behaviors, actions and substances.

The information in this program is based on my professional knowledge, research, personal experience and opinions. It is not intended to diagnose, treat, cure or prevent any disease and is not a substitute for any existing treatment plans currently prescribed by your GP. I am not a physician or medical professional, I do not provide you with a diagnosis, and I make no medical claims whatsoever. You understand and agree that it is your responsibility to use common sense and intuition when deciding whether this program will suit your needs, and if you have any concerns you should seek support from an appropriately qualified medical professional. If you experience any adverse symptoms that concern you during the program, please consult your GP or the emergency department at your local hospital.

My Detox Program is designed for those who are in good health, but who are experiencing symptoms such as lethargy, bloating, brain fog, low vitality and so on. It is not suitable for you if you are pregnant or breastfeeding, or if you have a medical diagnosis which would preclude you from detoxing, such as Celiac disease or Type 1 diabetes. You must disclose any relevant medical conditions to me prior to commencement. Please read the information about possible signs and symptoms of a detox provided in the course outline and make a conscious choice about whether to accept the risk of going ahead with this program.

### My Responsibility

My professional qualifications for offering these programs and services include:

- Diploma of Health Coaching with the Institute of Integrated Nutrition
- Diploma of Community Services
- Qualified level 1, 2 & 3 EFT practitioner with Inspired EFT
- Qualified Level 1 and 2 EFT Trainer with Inspired EFT
- 3rd level practitioner with the Institute for Intuitive Intelligence®, and
- 15 years' experience as a drug & alcohol counselor.

The tools that I use in my programs and individual consultations, such as meditation, EFT, and mindfulness, are heavily research based, evidence-based strategies and modalities. My programs have been developed through my own experiences and research. For my detox program, for example, I have personally taken part in more than 30 detoxes and led over 200 people through detox. The program is based on my study with the Institute for Integrative Nutrition and has been peer reviewed by nutritionist colleagues. I take my professional development seriously and engage in ongoing research and regular professional development supervision.

Please note that although I was employed as a drug & alcohol counsellor for 15 years, I no longer maintain my qualifications as a counsellor. I now focus my work as an intuitive addiction specialist and space holder. I am not a medical professional and nothing I say should be taken to be a diagnosis, medical advice or a medical opinion. Always take care for your own safety and consult an appropriately qualified medical professional for advice specific to your unique circumstances.

## Your Responsibility

Before you work with me, it is important that you understand the need to take responsibility and care for your own safety and well-being. I strongly encourage you to ask any questions where you find information difficult to understand and discuss any concerns you may have with your professional caregivers. It is very important that you conduct your own research & make informed decisions about what is right for you. I am always happy to have an open conversation with you about any doubts or concerns that may arise.

As with any personal development work, you will not get results unless you commit to doing the work. It is your responsibility to show up for yourself. I can only provide guidance and suggestions. It is entirely up to you to implement them. Part of this commitment involves being on time for consultations and group sessions and setting aside space to complete follow up activities. If you are not feeling comfortable in any way with my suggestions, it is your responsibility to speak up, ask questions and let me know what is going on for you.

## Intellectual Property

The free content provided on my site is for your personal use only and may not be used or shared in any commercial context. I am happy for my work to be shared but please only share links back to this site and acknowledge me as the author.

Information shared with you during the Detox program or other group programs is confidential and the copyright is owned by me. It is a condition of your participation

in these programs that you respect the time and effort I have put into creating them, and do not share them with anyone else, under any circumstances.

Detox Without Deprivation™ and Inner Carer Mindful Meditation™ are unregistered trade marks and must not be used without my express written permission.

## Payment Terms

I accept payments online via Stripe. I do not have access to your payment or credit card details.

In person payment is available for live workshops.

If you need to discuss a payment plan for one of my programs, please contact me to discuss alternative arrangements.

## Shipping and Delivery

If you purchase the Virtues Cards online, postage of \$9.90 will be added to the purchase price. Parcels are sent via Australia Post.

All online sessions are held via Zoom. The link will be provided to you prior to your session, and it is your responsibility to ensure the software is downloaded and you are there at the allocated time.

If you need to reschedule, please let me know in advance. If you simply don't show up, then you will forfeit your appointment. Please see my refund policy below for more information.

If I need to miss an appointment, I will let you know in advance and reschedule to a mutually convenient time.

Please ensure you have a quiet, private location for our calls where you won't be disturbed, and where you can be comfortable engaging in confidential conversations. Privacy is also essential when engaging in group programs, as we often discuss sensitive issues and it is extremely important that you respect and honour the confidentiality of other participants. Try to ensure that you won't be disturbed during the call as it is hard to concentrate or go deep with distractions around, and the work will not be as potent or effective. It is not possible to supervise children effectively while you are in a subconscious meditative state, so please make alternative arrangements for their care. I strongly recommend that you leave an hour free after the session to reintegrate rather than rushing off to your next task. This will help you to get the most value from the experience.

Live 1:1 sessions are held at my home. The address in Denmark will be provided to you when you book.

## Refund Policy

### 1:1 single sessions

Payment is required when you place your booking. You may cancel up to 24 hours before the session and receive a full refund. Cancellations with less than 24 hours' notice will be rescheduled, as long as you contact me before the session is due to start. Please note that if you simply fail to attend the session without letting me know, your payment is forfeit.

### 1:1 package

1:1 packages may be paid either upfront or by a payment plan. For upfront payments, I offer a pro rata refund of any unused sessions should you choose not to continue. Where we have agreed to a payment plan, you are required to pay for any sessions that you have used, after which we will cancel any future payments.

### Group programs

Group programs may be paid either upfront or by a payment plan. You may notify me of your cancellation up 7 days after the program has started for a full refund. If you cancel after 7 days and before completing the first half of the program, I will refund 50% of the purchase price. Once you have completed half of the program or more, you are obliged to pay the whole amount.

The exception is the two week Detox without Deprivation program. If you find that for any reason this program is not suitable for you, you may notify me of your cancellation up to 24 hours after the program starts. There is no refund after that as you get access to all of the menus, shopping lists and information in relation to the detox as soon as it starts.

### Group single workshops

For group single workshops, I will refund your purchase price if you notify me of your cancellation up to 24 hours before the workshop is due to start. After 24 hours, no refunds are available. If you are prevented from attending the workshop due to unexpected special circumstances, please contact me as I may offer a credit for another service at my discretion

## Dealing with Problems

If there is a problem which means I am unable to deliver a booked session or workshop, I will do my best to reschedule to a mutually convenient time.

If a group program or workshop that you have paid for is cancelled due to low numbers, your payment will be refunded in full.

If I feel that you are not a good fit for the program or that it is not in your best interest to continue, I have the right to cancel your participation at any time, at my discretion, in which case I will offer you a pro rata refund.

If you feel that there is a major problem with my services, please notify me in writing so that I can have clarity around what you're feeling. This needs to be done as soon as you become aware that there is a problem, so we can make a genuine effort to address your concerns at an early stage. The sooner you bring a problem to my attention, the sooner we have the chance to work through it and resolve it together.

## Visitor Information

Respectful communication and responsible engagement are essential for participation in my programs. Any comments that are deemed to be rude, offensive or otherwise unacceptable will be deleted. If this behaviour is ongoing, your participation in the program may be cancelled. Bullying, disrespectful behaviour and breaches of confidentiality will not be tolerated. My opinion on such issues is final.

## Jurisdiction & Dispute Resolution

If you have a problem, please contact me so that we can discuss it. If we can't reach an agreement, I may suggest bringing in a neutral third party to help us find a solution. If we still can't work it out, any disputes or arguments arising under this agreement are to be dealt with under the law of Western Australia, although we both agree that litigation is to be a last resort and that we will do our best to reach a mutually acceptable solution first.