# Terms and Conditions

STATE OF BEING

These Terms and Conditions govern your use and any related services provided by State of Being and the website located at www.stateofbeing.co

By accessing State of Being and www.stateofbeing.co you agree to abide by these Terms of Service and to comply with all applicable laws and regulations. If you do not agree with these Terms of Service, you are prohibited from using or accessing any services provided by State of Being and the website.

We, State of Being, reserve the right to review and amend any of these Terms of Service at our sole discretion. Upon doing so, we will update this page. Any changes to these Terms of Service will take effect immediately from the date of publication.

These Terms of Service were last updated on 5 November 2026.

## Session Cancellation

**Members:** No show, late cancellations all loose the session credit allocated.

## Memberships

**Membership Pauses:** Membership Pauses require 72 hours notice. You may pause your membership at any time for a minimum of one week in any three month period and a maximum of four weeks in any 12 month period.

**Membership Cancellation:** 12 week minimum commitment, after which, members can cancel their membership at anytime.

**Membership Payment:** Membership is direct debited every week. It will continue to renew until cancelled. If your credit card details expire, these must be updated via our website. Alternatively, you can update by calling or visiting the studio and speaking with a staff member. All account debts must be settled before membership cancellation can be finalised. You are responsible for ensuring sufficient funds are available to cover your weekly membership payment. If a payment is declined for any reason, State of Being will attempt to resubmit your payment every day for three days. If your payment fails for four consecutive days, State of Being will cancel your membership.

**Membership Packages:** Membership packages may be available for purchase, providing exclusive benefits and discounts as outlined in separate membership terms.

**Membership Terms:** Membership terms, including duration, benefits, and pricing, are subject to change. Members will be notified in advance of any changes to their membership terms.

**Memberships:** are for individual use only, booking other customers into session times will result in termination of membership.

**Termination:** We reserve the right to terminate or suspend memberships for violations of our terms and conditions, disruptive behaviour, or any other reason deemed necessary by our management.

## Parking

There is limited on-site parking, however there is ample street parking. Please ensure you obey any parking sign instructions and do not disturb our neighbours. We advise if you ride your bike use the bike rack provided.

## General

**Check-In:** All participants are required to check in at the studio's reception before attending any sessions.

**Late Arrival:** Late arrivals may not be admitted to a session if they arrive more than 10 minutes after the scheduled start time.

**Schedule Changes:** State of Being may make changes to the session schedule without prior notice. While we strive to maintain the schedule, sessions are subject to change or cancellation without notice.

**Right to Refuse Entry:** We reserve the right to refuse entry or participation to any individual for reasonable cause, including misconduct, intoxication, medical grounds, or non-compliance with these terms and conditions.

**Belongings:** State of Being is not responsible for the safekeeping of your personal belongings or any loss or damage to property that may occur while on our premises.

## Health and Safety

**Health Assessment:** Prior to using our services, you must sign our waiver form. It is your responsibility to provide information regarding your health and any pre- existing medical conditions in writing prior to using any Modalities at State of Being.

**Physical Fitness:** By booking a session, you confirm that you are physically fit and capable of participating in breathwork, movement, sauna, steam and cold pool sessions.

**Risks:** Participation in our sessions involves inherent risks and physical exertion that may lead to injury. Use caution and consult a healthcare professional if you have concerns about your health.

**Medical Conditions:** You must notify staff of any pre-existing injuries or medical conditions that may impact your ability to participate in sessions, including pregnancy.

**Right to Refuse Participation:** State of Being reserves the right to refuse your participation in sessions if we believe it poses a risk to any party.

**Compliance:** Failure to follow instructions from our staff may result in injury, and you assume full responsibility for any consequences.

**Liability:** State of Being, its owners, staff, and affiliates are not liable for any injury, loss, damage, or harm resulting from participating in our sessions.