

La Vita Healing

Informed Consent, Assumption of Risk & Liability Waiver

Effective Date: _____ Welcome to La Vita Healing. By purchasing, booking, accessing, or participating in any services provided by La Vita Healing, you acknowledge that you have read, understood, and agree to the terms below.

1. Nature of Services

La Vita Healing provides wellness-based services including hypno-energy recordings, nervous system regulation practices, somatic relaxation techniques, breathwork, meditation, visualization exercises, journaling prompts, energy-based practices, and private or group wellness sessions. These services are for educational and wellness purposes only and are not medical, psychological, or psychiatric treatment.

2. Not Medical or Mental Health Advice

La Vita Healing and its owner, Catherine Cantasano Fedeli, are not licensed medical or mental health providers. Nothing offered is intended to diagnose or treat medical or psychological conditions. You are encouraged to consult a licensed healthcare provider for any medical or mental health concerns.

3. Assumption of Risk

Participation may involve emotional release, physical sensations, or temporary discomfort. You voluntarily assume full responsibility for your participation and agree to stop if needed.

4. Personal Responsibility

You are fully responsible for your physical, emotional, and mental well-being. Results are not guaranteed.

5. Release of Liability

To the fullest extent permitted by law, you release La Vita Healing and Catherine Cantasano Fedeli from any claims or liabilities arising from participation in services, recordings, programs, or materials.

6. Agreement

By signing below, you confirm that you are at least 18 years of age, understand this waiver, and voluntarily agree to all terms.

■ I have read and agree to this Informed Consent & Liability Waiver.

Participant Name: _____

Signature: _____

Date: _____

Owner: Catherine Cantasano Fedeli

Website: La Vita Healing