

WEBSITE TERMS & CONDITIONS

Navigating The Flow (Pty) Ltd Website: <https://www.navigatingtheflow.com>

1. Introduction

Welcome to the website of **Navigating The Flow (Pty) Ltd** (“we”, “us”, “our”). By accessing or using this website, you agree to be bound by these Terms & Conditions. If you do not agree, please discontinue use of the website.

We may update these Terms from time to time. Continued use of the website constitutes acceptance of the updated Terms.

2. Eligibility

This website and the services offered are intended for individuals **18 years and older**. By using this website, you confirm that you meet this requirement.

3. Definitions

- **“Website”** refers to <https://www.navigatingtheflow.com> and all associated pages.
- **“Services”** refers to coaching, breathwork, digital content, and any offerings available through the website.
- **“Content”** refers to all text, graphics, images, videos, materials, and intellectual property on the website.
- **“Client” / “User”** refers to any person accessing the website or purchasing services.

4. Use of the Website

You may browse the website for personal, non-commercial use only. You may not:

- copy, reproduce, or distribute website content
- use automated tools (e.g., bots, scrapers)
- interfere with website functionality
- attempt to access restricted areas without authorisation

We reserve the right to restrict access, terminate accounts, or refuse service if misuse is detected.

5. Intellectual Property

All content on this website is the exclusive property of **Navigating The Flow (Pty) Ltd** or licensed to us.

You may not:

- use our trademarks, branding, or materials without written permission
- reproduce or distribute any content for commercial purposes
- claim ownership of any part of the website or its materials

All rights are reserved.

6. Service Descriptions & Pricing

We strive for accuracy in describing our services, but we do not guarantee that descriptions are error-free.

Prices are listed in **South African Rands (ZAR)** and may change at any time. However, once you purchase a service, the price at the time of purchase applies.

Some services may require registration or account creation.

7. Payment & Security

Payments are processed through a **secure third-party payment processor**. We do not store or have access to your full payment details.

If you choose to save payment information for future use, it is stored securely by the payment provider.

8. No Medical, Therapeutic, or Clinical Advice

All content and services on this website — including coaching and breathwork — are **non-clinical, non-medical, and non-therapeutic**.

Nothing on this website should be interpreted as:

- medical advice
- psychological or psychiatric treatment
- diagnosis
- emergency support

For medical or mental health concerns, please consult a licensed professional.

9. Breathwork Disclaimer

Breathwork services offered through this website are governed by the **Coaching Terms & Conditions**, including the **Breathwork Consent** section, which must be accepted before booking.

Breathwork may influence physical and emotional states. Participation is voluntary and at your own discretion.

10. Third-Party Links

This website may contain links to external websites. We are not responsible for:

- the content of third-party sites
- their privacy practices
- their accuracy or reliability

Use external links at your own discretion.

11. Limitation of Liability

To the fullest extent permitted by law:

- the website and its content are provided “**as is**”
- we make no guarantees regarding uninterrupted access or error-free operation
- we are not liable for any direct, indirect, incidental, or consequential damages arising from website use

This includes (but is not limited to):

- loss of data
- loss of profits
- business interruption
- reliance on website content

Nothing in these Terms excludes liability for fraud.

12. Indemnity

By using this website, you agree to indemnify and hold **Navigating The Flow (Pty) Ltd** harmless from any claims, damages, losses, or expenses arising from:

- misuse of the website
- breach of these Terms
- violation of any law or third-party rights

13. Termination

We may suspend or terminate access to the website or services at any time if:

- you breach these Terms
- misuse or abuse the website
- engage in harmful or unlawful behaviour

Termination does not affect any rights or obligations accrued before termination.

14. Governing Law

These Terms are governed by the laws of **South Africa**, specifically the jurisdiction of the **Western Cape**.

Any disputes will be resolved in the courts of the Western Cape.

15. Contact Information

For questions or concerns regarding these Terms, please contact:

Navigating The Flow (Pty) Ltd Website: <https://www.navigatingtheflow.com> Email: sumayya@navigatingtheflow.com