

Somatic Exercise Client Terms and Consent

For 1:1 sessions with Kerry Camden at Harmonic Haven

Please read these terms before agreeing to your booking. They explain what the session involves, when it may need to be adapted or postponed, and your choices throughout the session.

1. Nature of the session

- A somatic exercise session is a gentle, body-led wellbeing practice that may include grounding, simple movement, stretching, mild muscle activation and allowing a natural shaking or tremoring response.
- It is intended to support relaxation, body awareness, gentle movement and self-regulation. It is not medical diagnosis or treatment, physiotherapy, psychotherapy, trauma treatment, or emergency or crisis support.
- The exercises and any shaking or tremoring are never forced. Individual responses vary, research evidence for tremor-based somatic exercise is still developing, and no particular result can be guaranteed.
- You should continue to follow advice and treatment from your GP and other qualified healthcare or mental-health professionals. Do not stop medication or delay medical care because of a session.

2. Health information and suitability

- You must answer the health and suitability questions honestly and tell Harmonic Haven about relevant changes before future sessions.
- Please disclose pregnancy; seizures, unexplained blackouts or frequent fainting; recent surgery, fractures or significant injury; heart, circulation, blood-pressure or breathing conditions; osteoporosis, bone or joint conditions, hypermobility or connective-tissue conditions; neurological conditions; implants, joint replacements, surgical mesh or other medical devices; medication or supplements that may affect movement, balance, alertness or blood pressure; professional advice to restrict or modify exercise; acute illness; and relevant psychological or mental-health concerns.
- A session may be adapted, postponed or declined if further information or professional advice is needed, or if proceeding would not be appropriate.
- Do not attend while intoxicated, acutely unwell, or experiencing a mental-health crisis, psychosis or a manic episode. Seek appropriate professional support where needed.

3. What happens during the session

- You remain fully clothed and should wear comfortable clothing that allows you to move easily. The work may be standing, seated or floor-based.

- We begin with a short check-in and agree what feels appropriate that day. Each exercise is explained before you try it.
- The session is mainly verbally guided and does not normally require touch. If physical support or positioning assistance is suggested, Kerry will explain it and ask for your clear agreement first.
- Some exercises may invite a natural shaking or tremoring response. It does not need to become intense and can be slowed or stopped at any time.
- You do not need to discuss, revisit or relive any traumatic experience. You can choose not to do any exercise without needing to justify your decision.

4. Your control and comfort

- You remain in control throughout the session. You choose the pace, position, intensity and length of the exercises and may modify, pause or stop at any time.
- Tell Kerry immediately if you experience pain, dizziness, numbness, breathlessness, panic, disorientation or anything that feels uncomfortable or concerning.
- Sensations, emotions or memories may occasionally arise, but Kerry is not providing medical, psychological, trauma or crisis treatment.

5. Possible responses and aftercare

- You may feel relaxed, tired, more aware of your body, mildly sore, restless or emotionally sensitive, or you may notice very little. There is no right or wrong response.
- Drink water, eat normally and allow yourself time to settle before driving or returning to demanding activity.
- Gentle movement or a short walk may feel helpful. Avoid strenuous exercise for the rest of the day if you feel tired or sore.
- Do not continue an exercise that causes pain, significant dizziness, breathlessness, panic, numbness or disorientation.
- Seek appropriate medical advice if anything is severe, unexpected, concerning or persistent.

6. Privacy and records

- Personal and health information is handled in accordance with the Harmonic Haven Privacy Notice and UK data-protection requirements.
- Health information is collected only to assess suitability, plan and document sessions, and provide appropriate support. Your separate explicit consent is requested in the booking form.

7. Consent and emergency support

- By ticking the agreement boxes in the booking form, you confirm that you have read and understood these terms and consent to receiving 1:1 somatic exercise guidance from Kerry Camden at Harmonic Haven.
- You authorise Kerry to contact emergency services if she reasonably believes urgent medical or welfare support is required.

HARMONIC HAVEN

Business

Harmonic Egg Hastings Limited trading as Harmonic Haven

Version

1.1 - Effective 12 August 2026

This document should be read alongside the Harmonic Haven Privacy Notice and the information supplied in your booking confirmation.