

Terms and Conditions Preparation Lessons & Private Course Relax and give birth with confidence

It is encouraged to always be present at the lessons/course, even if the student is very tired. This can be a moment to reconnect and regain energy. The lesson/course is experienced as very good for rest and relaxation.

- 1.** These general terms and conditions apply to all services (lessons and courses) of 'Guiding Gaia'.
- 2.** Guiding Gaia is a sole proprietorship owned by Samantha L. van Praag, registered under the trade name 'Guiding Gaia', with the Chamber of Commerce in Amsterdam under no: 84406488.
- 3.** Samantha van Praag is a teacher and trained as a pregnancy coach. The pregnant woman, who has registered for the service and made payment, is a student at Guiding Gaia. In the private course, a partner may also participate as a student.
- 4.** The teaching material in the group lessons as well as in the private course is taught by Samantha van Praag. The classes contain elements of dru-yoga, hypnobirthing and mindfulness and teaches the student how to go through her pregnancy as well as her delivery with ease and confidence. The preparation lessons are given in a group of a maximum of 12 pregnant women. A minimum of 9 group lessons is required to be well prepared for the delivery. The more lessons are followed, the more relaxed the student can master the theory, knowledge and positive mindset.
- 5.** Registration for trial lesson, preparation lesson and private course, takes place directly via the website: www.guidinggaia.com. After payment, the student receives a confirmation by e-mail and there is a mutual commitment between 'Guiding Gaia' and the student.
- 6.** After following a trial lesson, the student is invited to purchase a series of lessons in the web shop. With a minimum of 14 or more lessons you will achieve the best result.
- 7.** The student takes the minimum number of lessons or more up to two weeks before your due date.
- 8.** A trial lesson costs €12.75. The student may take a trial lesson once. A preparation lesson costs €14.75. The student pays per lesson. The private course costs €399.00 and is paid in full. The price of the trial lesson, preparation lesson and private course includes VAT but excludes registration fee/administration costs. Registration fee/administration costs are a one-off €15.00. Price changes may occur.
- 9.** The student pays for the trial lesson, preparation lessons and private course directly via the Guiding Gaia website. The student can only pay via Ideal. After paying for a trial lesson, series of preparation lessons or the private course, the student will receive an invoice and her place in the lesson/course is final.

10. If it is not possible for the student to attend the lesson on the agreed date and time, then she must inform the teacher as soon as possible via SMS: on the number 06-33500750, or by email: info.guidinggaia@gmail.com.

11. If the student cancels a lesson after registration (personal appointments or illness), we will see if the lesson can be rescheduled a week. If this is not possible, the lesson will be cancelled. If the lesson expires, there is no right to a refund.

12. If you want to stop the lessons earlier, you will not receive a refund of tuition. With the exception of the following reasons: hospitalization, complications with regard to the baby, on doctor's advice or with serious pelvic complaints, the latter both with a doctor's/therapist statement.

13. The teacher reserves the right to cancel a lesson or service in the event of force majeure. The teacher will make every effort to offer the student the opportunity to follow the lesson or to arrange for a replacement. If this is not possible, the student is entitled to a refund of money.

14. If you give birth earlier than the due date, you will receive the remaining amount of the lessons after receipt of the birth announcement.

15. If the teacher has holidays or other obligations and has not found a substitute, the lessons will of course be postponed. If lessons are left over after the due date and delivery, a refund will be made after the birth announcement is made.

16. It is possible that the student is not taught by her own teacher, due to vacation, illness, or other work.

17. The teacher will treat the information provided by the student confidentially. The student must treat the information provided by other students and the teacher confidentially. 'Guiding Gaia' complies with the applicable privacy legislation (and with the privacy statement as included on the website www.guidinggaia.com).

18. When the teacher shares documents with substantive teaching material with a student, the student must treat information provided confidentially and not share it with third parties.

19. The student must estimate whether participation in the course or lessons is possible. The student is responsible for her own body and child. In case of physical complaints, the student must report this to the teacher and will be advised to go to a specialist. Guiding Gaia cannot be held responsible for physical complaints, accidents or complications.

20. The permanent teacher, Samantha van Praag (or substitute), does not give medical advice and is also not allowed to give this due to not having followed a medical training. If the student wishes to receive medical advice, she should contact the obstetrician or attending physician. A teacher does and may explain medical terms that can be used during childbirth.