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Safety Rules

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“Sound-based activities” include:

1. Kąpiel w Dźwiękach (group) / Sound Bath (group)
2. Vibrational Massage with Singing Bowls (individual)
3. Relaxation inspired by Tibetan tradition (individual)

1. Nature of the service

“Sound-based activities” are an experience in the field of relaxation, wellbeing, mindfulness and contemplative practice. They are not a medical service, diagnosis or treatment and do not replace medical, psychological, psychiatric, physiotherapeutic or other professional healthcare.

If the participant's situation requires medical, psychological or other specialist assessment, PracowniaJA may recommend consultation with an appropriate specialist. Facilitators operate within the scope of their training, competence and qualifications.

2. Venue organisation and safety

Before the session, PracowniaJA checks the venue, equipment used, obvious hazards and available evacuation routes.

The level and character of the sound are selected appropriately for the room, the nature of the event and the group. The purpose of the session is not to achieve maximum volume.

3. How to prepare for the session?

- eat a meal no later than approximately 2 hours before the session;
- wear loose, comfortable clothing and warm socks;
- bring a mat, blanket and pillow;
- bring water;
- arrive approximately 15 minutes early;

- silence your phone and prepare a comfortable place for relaxation.

4. Voluntary participation

The participant may at any time change position, take a break, move away from the sound source, ask for reduced intensity, use hearing protection, leave the room or end their participation. They do not have to provide a reason.

5. Hearing safety

Sensitivity to sound varies from person to person. PracowniaJA selects the level and character of the sound appropriately for the room, the nature of the event and the group. The purpose of the session is not to achieve maximum volume.

6. Possible reactions

Possible reactions include drowsiness, relaxation, headache, dizziness, nausea, anxiety, auditory discomfort, increased tinnitus or an emotional reaction. In the event of concerning symptoms, participation should be stopped and the facilitator should be informed.

7. Special precautions

Before participation, consultation with a doctor or appropriate specialist is recommended, among other situations, in the case of pregnancy, hearing conditions or hypersensitivity, tinnitus, epilepsy or seizures, fainting, severe dizziness, significant cardiovascular conditions, recent procedures, recovery/rehabilitation, medical implants, hearing aids/implants, an acute mental health crisis, disorientation, severe agitation or psychotic symptoms.

The participant should provide PracowniaJA only with information relevant to safe participation. In case of doubt regarding the safety of participation, participation should be discussed with an appropriate specialist.

8. Pacemakers, implants and hearing aids

They are not automatically contraindications to a standard listening session. If the session includes additional devices producing vibrations, electromagnetic fields or other unusual stimuli, the participant should inform the facilitator, consult a doctor and check the manufacturer's recommendations.

9. Mental health

A psychiatric diagnosis alone does not mean an automatic prohibition on participation. A person experiencing an acute mental health crisis, psychotic symptoms, significant disorientation or a condition that prevents safe participation should refrain from participating or consult a doctor beforehand.

10. Physical contact and vibrations

If the session involves physical contact, placing an instrument on the body or direct vibrational effects, the participant must be informed before this takes place. Contact requires consent and may be refused or stopped at any time.

11. Children and young people

Children may participate in events intended for their age group. They have the right to refuse an exercise or contact, take a break or end their participation. Detailed rules for the protection of minors are set out in separate Standardy Ochrony Młodzień.

If a session or workshop takes place at a school or in cooperation with a school/organiser, PracowniaJA follows the agreed procedures of the school or organiser, obtains the required consents and provides the agreed supervision arrangements. Before the workshop, the required verifications should be completed and the required documentation prepared.

Contact with minors is professional in nature. Uncontrolled one-to-one contact is avoided. Physical contact is not assumed and may take place only in accordance with safety rules and required consents.

Children are not photographed, recorded or featured in published materials without the required consents.

Suspensions of violence, neglect, abuse, bullying, self-harm or an immediate threat are taken seriously. The facilitator documents the facts and refers the matter in accordance with the applicable procedure of the school/organiser, Standardy Ochrony Młodzień or the competent authority. The facilitator does not conduct their own investigation and does not promise confidentiality regarding information concerning a serious threat.

12. Alcohol and other substances

Participation should not take place under the influence of alcohol or other substances affecting consciousness, balance or the ability to assess the situation.

13. Online participation

For online sessions, the participant should use a safe and suitable place where they can freely change position or stop participating. Participation is not permitted while driving or in a situation in which participation could interfere with safely carrying out other activities.

14. Emergencies and incidents

In the event of a threat to health or life, safety is the priority. The session may be stopped, medical assistance may be called, and in the case of a child, the parent/legal representative may be notified.

Significant incidents are documented and analysed in accordance with the applicable incident handling procedure. In the case of minors, the applicable Standardy Ochrony Małoletnich and school/organiser procedures also apply where relevant.

15. Professional and safe conduct

Participants are treated with dignity and respect, without discrimination or harassment.

Confidentiality is maintained subject to applicable law, child safeguarding rules and situations involving a serious safety threat.

PracowniaJA services are not presented as diagnosis or treatment. Where necessary, a participant may be referred to an appropriate regulated specialist.

16. Reservations and payments

Reservations are made by e-mail or telephone.

Payments are accepted by bank transfer or cash.

Information concerning reservations, dates, participation and payments may be processed to the extent necessary to handle the reservation, provide the service and fulfil administrative and legal obligations.

Contact regarding reservations: biuro@pracowniaja.pl | +48 530 620 113.

17. Conditions of participation

“Dźwiękowe aktywności” are services in the field of wellbeing and relaxation, not treatment.

Participation is voluntary and may be stopped at any time.

The participant follows the safety rules applicable at the venue where the session is held.

For minors, the rules of the school or organiser and the required consents apply.

For online participation, a safe place must be used and participation must not take place while driving.

Before participation, the participant becomes familiar with the safety rules and provides only information relevant to safe participation.

18. Cancellations and refunds

If the client cancels more than 48 hours before the session: a full refund or change of date, subject to applicable law.

If the client cancels 24–48 hours before the session: a change of date may be possible; the right to a refund depends on applicable law and the reservation terms.

If the client cancels less than 24 hours before the session or does not attend: a refund may not be available unless required by law or due to exceptional circumstances.

If PracowniaJA cancels or materially changes the date, the client will be offered the option of agreeing on a new date or receiving a refund in accordance with the law.

The cancellation and refund rules do not limit mandatory consumer rights, including rights and exceptions applicable to contracts concluded at a distance.

19. Complaints and claims

Complaints may concern Sound Healing / Sound Bath, coaching, communication, reservations or workshops.

Complaints may be submitted to biuro@pracowniaja.pl or by telephone at +48 530 620 113.

The target is to acknowledge receipt of a complaint within 5 business days and provide a substantive response within 20 business days. If the matter requires more time, the client will be informed.

Complaints are handled fairly and confidentially.

Possible resolutions include an explanation, an apology, appropriate corrective action or a change of date, a refund where justified, or a justified refusal.

The client retains their consumer and legal rights.

20. Liability

This document provides information about the nature of the service, conditions of participation and safety rules. It does not constitute an exclusion or limitation of PracowniaJA's liability to the extent not permitted by law.