



Wellness Disclaimer & Consent

ANIMA ARCANIA | VIRGINIA GIORDANO | OAXACA

The practices, experiences and products offered through Anima Arcana are intended for spiritual exploration, personal reflection, relaxation, education and general wellbeing. They do not replace medical, psychological or psychiatric diagnosis or treatment.

Herbal products. What is said about herbs and other botanical ingredients describes how they have traditionally been used and, where mentioned, what has been studied in laboratories. It is not a claim that any product diagnoses, treats, cures or prevents any disease, and these products have not been evaluated as medicines. Please consult a qualified professional before use, especially if you are pregnant or nursing, take medication or live with a medical condition. Products that contain alcohol or camphor must be kept away from children.

Consent. I commit to always asking for your permission before any touch, in writing before a session and again during the practice. You can say no, pause or stop at any moment, for any reason, and you never need to explain.

Triple Vagal Nerve Method (TVM). This method includes a point of contact on the lower abdomen, from the pubic bone up to just below the navel. It is an important part of the work. Touch in this area is never sexual, it is only offered with your explicit permission, and you are free to decline it.

Kundalini Life Force Activation. This practice never involves sexual touch. Sexual energy can sometimes arise, but it is one possibility among many, not something everyone experiences. I will never manipulate the body physically to bring it about, and nothing is expected of you.

If you are under medical or psychological care, please consult your practitioner before beginning a new practice. By participating in any experience, you acknowledge that you do so as an adult of sound mind, freely and at your own initiative.

Acknowledgement and permission

I have read and understood this document. I give my permission for touch as described above, and I understand that I can withdraw it at any moment, before or during a session.

Name

Date

Signature