



Live stream workshops – an evolution in learning

General Disclaimer

The intent of LearnShedLive and the instructors of this workshop is only to offer information of a general nature to help you in your search for good health and wellbeing. In the event that you use any of this information for yourself, we assume no responsibility. For advice appropriate to your specific situation please consult your health-care professional.

MP3 User Guide

- Find a place where you won't be disturbed by people, pets, phone etc.
- Give yourself time away from any pressures.
- Sit or lie making sure you will stay warm and comfortable for the duration.
- Play at a low and comfortable level.
- Try to listen/use at least 2 or 3 times every week.
- Results may vary from person to person and from time to time.
- And finally, enjoy this recording. Remember that time is the most valuable and perishable of all of your possessions.

MP3 Disclaimer

This product is intended for personal enjoyment. It is not intended to diagnose or replace medical treatment or to treat any medical disease or condition. Always consult your health care provider if you suffer from any condition. If in any doubt use this product only under the supervision of your health care provider. If you have any tendency towards seizures, auditory disorder or adverse mental condition(s) don't not use this product without consulting your health care provider. Do not use this product while operating a vehicle or heavy machinery. By using this product you agree to use it at your own risk and if you allow someone else to use this product you are responsible to show him or her this disclaimer. By using this product you agree that the artists, the publisher and its affiliates are not responsible or liable for any losses or damages.

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