

Loving Kindness Care



Certified Lactation Counseling,
Postpartum Doula Services, and Reiki Healing

Reiki Informed Consent & Liability Agreement

Reiki is a gentle, hands-on (or hands-above-the-body) energy practice intended to support relaxation and overall well-being. Reiki is not a substitute for medical, psychological, or psychiatric care. No diagnosis or medical treatment is provided.

I understand that results vary and no guarantees are offered. I agree to communicate any discomfort during the session and understand that I may stop the session at any time.

I acknowledge that I am voluntarily participating in Reiki services and assume full responsibility for my physical, emotional, and mental well-being.

I release Meredith Holmquist and Loving Kindness Care from liability except in cases of gross negligence or willful misconduct.

All personal information shared during sessions will remain confidential except as required by law.

Client Name (Printed): _____

Client Signature: _____

Date: _____

Loving Kindness Care | Meredith Holmquist
Certified Lactation Counselor | Postpartum Doula
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