

## Terms of Use and Privacy Policy



### Welcome to the "Waves of Self-Care" journey!

**By participating, you agree to abide by the terms of use and privacy policy described below**, ensuring the smooth operation of the journey and a positive experience for all participants. If you have any questions, please contact us.

***By registering and participating in the journey, you confirm that you have read, understood, and agree to the terms set forth herein.***

***I recommend that you take a few minutes to read this entire document***, as it contains essential information about the privacy, rights, and responsibilities of each participant throughout the journey.

### Privacy and Conduct

These terms are intended to help protect the privacy and confidentiality of information shared by you and other participants throughout the journey.

- **Privacy Commitment:** By participating, I commit to maintaining a respectful and collaborative attitude in all interactions with other participants, respecting the privacy of each individual, both in discussion groups and during the journey activities. If I act inappropriately, I understand that I may receive a warning and, in serious or repeated cases, may be removed from the journey without a refund, subject to applicable law.
- **Confidentiality:** I agree to respect the confidentiality of any personal, emotional, or physical information shared by other participants during the journey and not to disclose it outside the participant group without their permission. I understand that information voluntarily posted in shared areas of the platform may be visible to other participants according to the platform's settings.

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- **Personal Data Protection:** Personal data necessary for purchase, payment, registration, and access to the journey are collected and processed through the Hotmart platform in accordance with its own privacy policies. Hotmart acts independently with respect to the personal data it collects. Inmersivas may have access to limited information made available through the platform that is necessary to manage participation in the journey, provide support, and manage access to the content. With respect to personal data made available to Inmersivas, Inmersivas processes such data in accordance with applicable data protection laws. Payment transaction details processed directly by Hotmart are not accessed or stored by Inmersivas.
- **Comments and Interactions:** If I choose to post comments or interact in the areas provided within the platform, I understand that this information will be recorded on Hotmart and may be viewed and moderated by Inmersivas and, where applicable, by other participants, according to the member area settings. I will avoid publicly sharing personal or sensitive information that I do not wish to make visible to others.
- **Quizzes and Self-Assessment Materials:** The quizzes, journals, and other self-assessment materials provided in PDF format are for the participant's personal use. The answers provided in these materials are not collected, stored, or accessed by Inmersivas, except when the participant voluntarily decides to share them through a communication channel.
- **Data Rights:** Participants may request access to, correction or deletion of personal data processed by Inmersivas, as well as exercise any other rights available under applicable data protection laws, where applicable, by emailing [info@inmersivas.com](mailto:info@inmersivas.com). Requests relating to personal data processed independently by Hotmart should be made through Hotmart's own privacy channels.

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- **Data Retention and International Processing:** Inmersivas retains personal data only for as long as necessary to manage participation in the journey, provide support, comply with applicable legal obligations, or protect its legal rights. As Inmersivas is based in Brazil and the platforms used to provide the journey may operate internationally, personal data may be processed in more than one country, subject to the requirements and safeguards established by applicable data protection laws.

## Content of the Journey

These terms are intended to support the quality and continued development of the journey's content while protecting intellectual property rights.

- **Content Ownership:** I understand that all content, materials, videos, audio recordings, texts, and practices offered during the journey are protected by copyright and intended exclusively for my personal use within the journey. Copying, reproducing, distributing, sharing, selling, commercially exploiting, or otherwise using this content for purposes other than my personal participation in the journey is not permitted without the author's express authorization.
- **Content Adjustments:** I understand that the structure, organization, and content of the journey may receive updates, improvements, or adjustments throughout the access period in order to enhance the participant experience, without materially reducing the content or rights originally offered at the time of purchase. Relevant changes will be communicated to participants.

## Refunds, Billing, and Access

These terms describe the payment and access policies for the journey.

- **Refund Policy:** Inmersivas offers a 15-day refund guarantee from the date of purchase, as indicated at checkout. During this period, I may request cancellation and a refund through the applicable Hotmart channels. After this period, any additional refund requests will be handled in accordance with the terms of the offer, Hotmart's applicable policies, and applicable law. Nothing in this Refund Policy limits any mandatory consumer rights that may apply under the laws applicable to the participant.

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- **Access Period:** I understand that I will have access to the journey content for a period of 1 year from the date of purchase, unless a promotional offer provides for a longer access period. At the end of this period, access will expire. If the offer purchased includes a subscription, recurring billing, or renewal option, the applicable terms will be presented at checkout and may be managed through my Hotmart account.
- **Login Security:** I understand that my login credentials, including my username and password, are personal and must not be shared with third parties. I am responsible for keeping my login credentials secure. In cases of misuse, unauthorized sharing, or other violations of these Terms, access to the journey may be suspended or terminated, subject to the Refund Policy and applicable law.

## Responsibility and Disclaimers

These terms clarify that the journey is not a medical program. You are free to choose whether or not to participate in the proposed activities based on your own judgment.

- **Responsibility for Participation:** I acknowledge that I am responsible for assessing whether the proposed activities are appropriate for my physical and mental condition and personal circumstances, and for adapting or stopping any activity as needed. My participation is voluntary and based on my own judgment. I accept the inherent risks associated with activities I choose to undertake on my own initiative, without limiting any responsibility imposed on Inmersivas under applicable law.

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- **Medical Disclaimer:** I understand that the Waves of Self-Care journey is intended for self-care and self-awareness purposes and is not a medical or healthcare service. It does not provide medical diagnoses and is not a substitute for professional medical advice, consultations, examinations, or treatment. I am free to choose whether or not to participate in any proposed activity based on my own judgment and personal circumstances. If I have questions or concerns about my health, I should consult a qualified healthcare professional before starting or modifying any practice.
- **Variable Results:** I understand that no specific results or benefits are guaranteed through participation in the journey. Each participant may have a different experience, and the effects of the activities may vary depending on individual circumstances and other factors.

### Final Agreement to the Terms

These final provisions reaffirm your understanding of and agreement with the conditions and policies of the journey.

- **Applicable Law:** These Terms are governed by the laws of Brazil, without limiting any mandatory consumer protection rights that may apply under the laws applicable to the participant. If any provision of these Terms is found to be invalid or unenforceable under applicable law, the remaining provisions will continue in effect.
- **Acceptance of Terms:** By registering for and participating in the journey, I acknowledge that I have read, understood, and agree to these Terms of Use and Privacy Policy. I choose to participate voluntarily and accept responsibility for my own choices and actions, subject to the rights and responsibilities established by applicable law.

*Thank you for your participation and collaboration in keeping this space safe and welcoming.*

*See you soon!*

Ananda Felipe & Inmersivas