

**INFORMED CONSENT ~ WAIVER AND RELEASE  
BY PARTICIPANT**

**L A CONSULTING, INC.**

**RELEASE OF ALL LIABILITY**

In consideration of the fee paid by you, Lee Ann Dzelzkalns, through her Syinthesis® Programs/Classes (d/b/a L A Consulting, Inc.), is providing a service assisting you in Mind, Body, Spirit Integration. You, the participant, hereby agree to assume all risks associated with any outcome resulting from your participation in Syinthesis® Programs or classes or private consultation with Lee Ann Dzelzkalns. All information and mental or physical activity or guidance and direction are provided during programs, classes, or private consultations to enhance the health and well being of you, the participant. By signing this waiver and release of liability you agree that neither Lee Ann Dzelzkalns, nor Syinthesis®, (both d/b/a L A Consulting, Inc.) shall be responsible for any negative consequence of any kind which is claimed to result from (1) your participation in any of these programs, activities or consultations; or (2) from the use of any information learned or obtained during these programs, activities or consultations, including, but not limited to, guided meditations, guided imagery, sound journeys and relaxation, or private consultation contained in the nature of or provided during Syinthesis® Programs/Classes/Private Sessions.

By signing this Waiver and Release you further agree not to assert any legal claims of any kind in any form against Lee Ann Dzelzkalns, or Syinthesis®, both d/b/a/ L A Consulting, Inc. based on any asserted negative consequence resulting from your participation in these Programs, Classes or private consultations.

By signing this Waiver and Release you acknowledge and agree that Lee Ann Dzelzkalns, and Syinthesis®, both d/b/a/ L A Consulting, disclaim all liability for any negative consequence claimed by you to be the result of your participation in these Programs, Classes, or private consultations.

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SIGNATURE OF PARTICIPANT                      DATE  
(If Minor, Parent Sign – Please return Informed Consent to Lee Ann)

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PRINT NAME

The following page explains the general nature of L A's work. For your information.

## **GENERAL NATURE OF SYNTHESIS® CLASSES/PROGRAMS**

Lee Ann Dzelzkalns (L A assists participants/clients through her personalized, heart-centered approach, teaching and guiding others to reduce stress, create inner balance, catalyze personal truths and re-awaken one's divinity. She offers specialized relaxation techniques, creative visualization, personalized private sessions, and guided meditation to relax the body, calm the emotions and still the mind ... together with an added flair of sound healing.

Whether cultivating kinesthetic awareness in relaxation, quieting the mind in meditation, awakening inner truths through spiritual mentoring or embracing gratitude for the day, a sense of inner balance presents. As a relaxation specialist, spiritual mentor, interfaith minister, and teacher of mind-body spirit integration, she strives to guide you to realize your essence and connectedness to the Oneness of Life. She draws on personal truths, life's lessons and direct experience, thus empowering you to your own inner knowing. Through this inner process, you gently guide yourself back to your wisdom and strength.

Participation in this inner-work, from relaxation, guided meditation, vibration healing to personalized guidance will reveal to each individual, new ways of experiencing the self, awakening insights, healing emotions, transforming destructive beliefs to constructive beliefs. It is an unfolding process of self.

## **BENEFITS & RISKS OF PARTICIPATING IN SYNTHESIS® PROGRAMS**

This inspirational and wholistic practice ignites an inner process most often in participants resulting in the following:

- Enhanced self-awareness
- An awakened consciousness.
- Effectively & lovingly understand oneself
- Relate better with others.
- Adapt and cope with immediate surrounding and current life stressors.
- Personal transformation
- Spiritual expansion

As this occurs, shifts may occur in some of the following (though not limited to): heightened consciousness, release of physical attachments, dissipation of emotional gripping, dissolving mental mind games (conditioned patterns of behavior break down) while a simultaneous clarity may present. As we strive to balance the imbalances, open what is closed, and bring clarity to the reactive, integrating a healthy sense of self, this process can be uncomfortable and unpleasant at times.

You may experience a myriad of physical and physiological changes associated with deepening into one's sense of self – (i.e. fleeting increased body core temperature, a wave of nausea, temporary dizziness, euphoria, lightheadedness, all indicative of energetic emotional release). Memories of old may surface that are ready to be released. Care and consideration is taken with each individual, with a referral to the appropriate professional if it is indicated.

[synthesis.com](http://synthesis.com)

~ L A Consulting, Inc. ~

a heart-centered approach to a soul-expansive experience