

## **Terms and conditions**

**HUM at HOME** is a 10 day free or donation based online training programme on the art of Polyhum, a methodology of creative and social mindfulness created by Sergio Lopez Figueroa over the last six years. This 10 day challenge was especially designed as a response to the self-isolation and lockdown circumstances affecting us all.

The first programme started on the 26th of March 2020. After each cycle there is a reflexion period and pause of four days with the purpose of providing feedback, generating content, outreach and checking how you could implement some of the learnings in your daily life. Read this document to understand the things you may need to consider before agreeing to enrol on the 10 day challenge and submit the registration form. This training is provided for three different groups in English, Spanish and Italian languages. You can join up to two language groups.

If you have any questions, do not hesitate to contact Sergio at [info@ humming in harmony dot com](mailto:info@humminginharmony.com) For further details about the course and background visit the website **[www.humathome.co.uk](http://www.humathome.co.uk)**

This training experience doesn't require any baseline entry level or previous knowledge or experience in mindfulness, meditation or musical background in order to benefit from and it is open to all ages from 18+ or occasionally a participation of a person under 18 in the company of parent or carer.

We encourage to join more than one participant at a time so you can experience it live in your home together or separately, but of course it works the same if you do it on your own.

### **Disclaimer**

This is not a psychological or a therapeutic service so it is your responsibility of self-care to seek professional support if you have any current mental or physical health condition that requires your attention. Beware that we are operating online in a space of mutual trust and respect. So you are responsible to take ownership of your care and your level of engagement and participation which includes being anonymous (camera off) or changing your real name during the Zoom sessions. Of course the more commitment, the better the experience will be and the value over time. If you find any exercise difficult or challenging you can stop at any time and let Sergio know if this is the case at a convenient time and using any form of communication. Open communication is key for all parties involved.

The exercises are in general very gentle and don't require particular physical effort (body movement, breathing, humming) although some of the exercises may trigger or release some emotions or you may experience a level of discomfort at times, just be aware of it and take a pause if needed. You are always in control. Sometimes you may feel uncomfortable especially in dealing with something new, certain uncertainty or not knowing where you are heading towards towards you may experience a sense of being lost. All of this is normal and it is part of the learning process and journey. Of course you can leave at any time and can always join in in the future should you wish to do so.

The training is divided in two parts, designed to gain confidence gradually, building up trust to feel comfortable with yourself and with others. The first five days are focussed on small exercises and short practical experiences and the last five days are more practical by applying the exercise in longer experiences of sound based meditation and mindful humming. Personal sharing is part of the course and it is up to you what you feel comfortable to share and disclose which will remain confidential as a mutual agreement with every participant.

### **Through this opportunity you will be able to**

Listen and practise to humming based meditation to a recording using various exercises based on a harmonic sequence and mantra created by Sergio Lopez Figueroa.

Timetable is flexible and you will receive access to the zoom links and passwords by email or Whatsapp regularly. It is your responsibility to remind yourself of the times which will be sent to you every day via Whatsapp. It would be good if you could confirm you are coming on day by day basis. You can opt out from the mailing list and WhatsApp group at any time

Also note that the sound experience is better when you use headphones. We also recommend wearing comfortable clothes and have water nearby.

### **By taking part on this programme you agree to**

**Complete a written feedback and evaluation form** at the end of the 10 days within two days after the ending date. Be honest in order to help us to improve the service and user experience. Failing to do so will prevent you from receiving the free meditation files or joining in a next round until you do so.

**Commitment** We recommend a full commitment of 10 days but this may be a challenge. However in order to receive for free meditation audio files you need to attend **at least 7 sessions (divided between days 1-5 and 6-10)**

**Contribute to spread the word** if you enjoyed your experience feel free to use HUM at HOME and your own social media channels as well as sharing the content created (video and audio testimonials) using the relevant hashtag of the campaign [#onevoicewithoutfear](#) [#unavozsinmiedo](#) [#unavocesenzapaura](#).

Share the website **[www.humathome.co.uk](http://www.humathome.co.uk)** to promote the programme to others to being able to join in future editions and the Youtube channel **[www.hummingman.com](http://www.hummingman.com)**

Respect each other and whatever is said in the session will stay confidential

**Video or audio submission** you agree to self tape and record your own individual final humming meditation exercise to a specific exercise on video or audio after the last day and email it using **[www.wetransfer.com](http://www.wetransfer.com)** it will be mixed to a collective audio and video appearing at the same time 9,12 15 people on the screen and it is a good collective memory as we are unable to do it virtually due to the sound limitations of Zoom. You can use this recording for your own personal future use.

You agree to **submit your recording within two days** after the course finishes. Failing to do so will prevent you the access to the free recorded meditations and to participate in future edition of the 10 day training.

### **Optional**

Should you agree to contribute voluntarily by agreeing to be interviewed in audio and video you agree to allow Sergio Lopez Figueroa the use of your image, voice recording and content for non commercial purposes in perpetuity and only within the context of promoting this challenge, Polyhum practise on social media and internet including his Youtube channel.

Please do not share zoom links sent by email or Whatsapp. The only exception is the special gathering of the three groups which is open also to new people to ask any questions to us all. It is important that only those who are registered and sent the enrolment form can join in the practise. This form is available as word document on the website.

At any time you can share the website to anyone who you think may be interested **www.humathome.co.uk** including your social media channels. The first step is to request an expression of interest by filling the form online at the website home page and then the person will receive further information about the registration process

Under GDPR your data (email, number and name) will only be used for the Whatsapp group and your data not be shared unless you advise otherwise. You can opt out of the mailing list by request and from the WhatsApp group at any stage.

Please do not record the session to respect the privacy and space

The use of the audio recordings for meditation is exclusively for your own personal use. If at any time we record some parts of the session you will be asked in advance and you have the choice of turning the camera, changing your name or leave.

### **Respect the intellectual property.**

This training and the content is exclusively for personal use only. Please understand that sharing my initiative with you is based entirely on trust and on years of experience given to you with a hope to benefit people to cope during lockdown by establishing new friends and meaningful relationship to build up empathy and resilience during these unprecedented times and in the future.

Thanks for your understanding and collaboration

Sergio Lopez Figueroa

### **Accessibility**

Note that an audio recorded version of these terms and conditions is available at **www.hummingmindfulness.com**

[https://soundcloud.com/thehummingman/hum-at-home-10-day-challenge-and-polyhum-terms-and-conditions'](https://soundcloud.com/thehummingman/hum-at-home-10-day-challenge-and-polyhum-terms-and-conditions)