

UZA WELLNESS: POLICIES & HOUSE RULES

Co-creating a safe & sacred space for healing & transformation.

"In a high-pace, overstimulated world, Uza Wellness is a sanctuary designed to help you seek discomfort, ground into your body, and reconnect with your center."

1. PREPARATION CHECKLIST

- **MUST BRING YOUR OWN YOGA MAT:** This is mandatory for our movement practice. (Limited backups available for a \$5 rental fee).
- **SWIMWEAR:** Required for the sauna and cold plunge experience.
- **TWO TOWELS:** One for hygiene inside the sauna and one for drying off.
- **JOURNALING:** Please bring a pen and a notebook/paper to capture thoughts during our reflection periods.
- **HYDRATION & SNACKS:** Bring a reusable water bottle (water provided on-site). We recommend bringing light snacks for sugar drops if needed & post-plunge recovery.
- **FOOTWEAR & RECOVERY:** Bring sandals/flip-flops and warm, loose-fitting clothing for after the session (yoga clothes/shorts, comfy top & bottom).

2. THE "DISCONNECT" POLICY (PHONE-FREE ZONE)

To ensure deep presence, Uza Wellness is a strictly phone-free space. Please keep devices on Do Not Disturb or Airplane Mode inside your bag. Personal photography is not permitted; our team will capture the journey and share high-quality media with you afterward.

3. BOOKING, REFUNDS & RESCHEDULING

REFUNDS: Cancellations must be made at least 7 days prior to the event for a full refund.

RESCHEDULING: Notice must be given at least 48 hours prior to move your credit to a future event.

LATE POLICY: To protect the flow of the journey (Yoga > Breathwork > Sauna), we cannot accommodate late entries. Please arrive 15 minutes early.

4. CODE OF CONDUCT & SAFETY

PARKING: For home-base events, parking is on the MAIN ROAD ONLY. Do not block residential driveways.

SOBRIETY: This is a sober space. Zero tolerance for drugs or alcohol 24 hours prior to or during the event.

RIGHT TO REFUSE SERVICE: We reserve the right to refuse entry or remove anyone from the property without refund for intoxication, disrespectful behavior, or false health information.

5. CLOSING CEREMONY

Every journey concludes at our Bonfire & Ceremony Space—a dedicated landing point for integration, community, and sharing the warmth.

"Thank you for co-creating a safe, sacred space with us. We are honored to elevate your wellness."

CONTACT INFORMATION

Uza Wellness

Owner: Sophie Laflamme

Phone: 1-780-221-1152

Email: sophie@healingfromwithin.in

Website: workwithsophie.ca

Location:

252 Caouette Cres

Fort McMurray, Alberta, T9K 2H9, Canada

Connect with us:

- Instagram: @uzawellness & @laflamm3
- Facebook: The unik zen approach to wellness
- TikTok: @2healfromwithin