

Presently Website Disclaimer

Presently is intended to be a supportive resource for your mindfulness journey. However, it's important to remember:

- **Not a substitute for professional help:** The information and practices offered here are for educational purposes only. They are not a replacement for professional medical advice, diagnosis, or treatment from a licensed healthcare provider.
- **Consult your doctor:** If you have any medical concerns, or are currently under medical treatment, consult with your doctor before starting any mindfulness practices.
- **Listen to your body:** If you experience any discomfort during a practice, stop immediately.
- **Seek professional help:** If you have experienced trauma or have serious mental health concerns, consider working with a qualified therapist or mental health professional.
- **Accuracy of information:** We strive to provide accurate and up-to-date information. However, we make no guarantees about the completeness or applicability of the content.

By using this website, you agree to take full responsibility for your experience.

Additionally:

- Presently may contain links to external websites. We are not responsible for the content or practices of these sites.

We hope Presently supports you on your path to greater mindfulness.