

Contraindications & disclaimer information

Breathwork has contraindications because of its strong nervous system and gland (endocrine system) activation and intense physical and emotional experience. With some health conditions we need to be attentive when practicing breathwork. However, with other health conditions, it is better not to get into practice before your conditions are improved.

Health Conditions that can be safe to practice breathwork with.

- Pregnancy – (let me know of your stage)
- Asthma – mild or medium (bring your inhalator!)
- High blood pressure
- History of surgery or physical injury
- Thyroid condition
- Diabetes
- History of seizure
- PTSD
- Bipolar disorder, or other psychiatric conditions
- Actively using recreational drugs or medication that alters brain chemistry – painkillers, anti-depressants, anti-anxiety, stimulants, hallucinogens, etc.
- Recent surgery or recent physical injury – (depends, advice with your medical doctor)

If any of those apply to you please inform your facilitator to discuss the risk factor.

Contraindications that are not safe to practice breathwork with:

- Cardiovascular disease (angina, previous heart attacks, or strokes)
- Detached retina
- Glaucoma
- Aneurysm in brain or abdomen
- Kidney disease
- Severe Asthma
- Epilepsy
- Any other medical, physical or psychiatric condition which would impair or affect the ability to involve in deep physical and emotional release. – (depends, advice with your therapist)

All your medical and health-related information will remain confidential!

Moreover,

I understand that if any of these above mentioned issues are applicable to me, I am obliged to inform the facilitator about this. If I choose to participate without the facilitator knowing these conditions, the participation will be on my own risk and I am responsible for the consequences resulting from this session.

I understand that I am fully responsible for my own health (emotional and physical) and I am in a good condition when entering the Breathwork session. I am participating on my own risk at all times.

I understand that I have to be clean of alcohol and substances for at least 24 hours prior to the Breathwork session. It is my own risk to participate to the session whilst have taken alcohol or drugs.

I understand that Breathwork is an alternative healing modality and should never be used as a substitute for direct medical treatment. Everyone attending a Breathwork ceremony is responsible for seeking medical advice, should they need medical help.

I understand that by accessing a Breathwork session I can experience an altered state of consciousness and I can be confronted with past pain and trauma that has been suppressed, avoided or forgotten. Breathwork is a powerful tool to heal these deep rooted (emotional) pains. However there is never given any guarantee, a warranty or a or a prediction that I will be able to access this awareness during the session(s).