

Conscious Connected Breathwork Attendee Waiver & Email Permission

Location: _____ Date: _____

Conscious Connected Breathwork is a dynamic breathing practice that may catalyze cathartic emotional releases and potentially access previously unconscious memories. The practice may produce temporary changes to my normal physical, mental, emotional and psychological states including, but not limited to;

- Elevated heart rate, Temperature fluctuations
- Muscular tensions, Strong bodily sensations
- Remembering stressful or traumatic unconscious experiences
- Emotional release, Non-ordinary states of consciousness

I am engaging this experience consciously for personal exploration and declare;

Recreational Drugs – If I've consumed drugs in the past 24 hours, I will inform facilitators.

I have informed facilitators of any medical conditions including;

- Cardiovascular disease, uncontrolled low or high blood pressure, abnormal arrhythmias
- Advanced kidney disease or unmanaged diabetes
- Contagious respiratory disease, recent surgeries
- Severe psychological disturbances, PTSD
- Pregnancy
- Concussion, Glaucoma or detached retina

Confidentiality – Just as my attendance and personal information and experiences are confidential, I agree to maintain confidentiality of other participants.

I release facilitators and location owners from any and all claims or costs in respect to loss, damage, bodily injury to persons, including myself or to property, which may arise out of my participation in this process. **I agree that all exercises and activities undertaken are at my own risk and that can request to pause the process at any time.**

