

Breathwork Participation Waiver & Liability Release

For NEW participants ONLY (i.e. you have never participated in Shamanic Journeys with Joanna)

In order to participate in the Breathwork ceremony, I agree to the following:

- I understand that even though I have accepted to participate in the Breathwork (the “Activity”), I am responsible for any consequence resulting from my Breathwork practice.
- I have taken proper steps, including but not limited to: seeking medical advice, relating to any physical, mental, or emotional conditions that may impair my judgement or have any adverse effects on my physical health and prevent me from undertaking Breathwork practice.
- This work is deeply experiential and may involve intense physical, energetic, and emotional release. **Therefore, persons with a history of the below contraindications should consult their healthcare provider before participating in this work.**
 - You can also email info@JoannaTheHealer.com with any questions PRIOR TO YOUR BREATHWORK SESSION

Important Contraindications: Breathwork (“the Activity”)

Not advised for persons with a history of:

- Cardiovascular Disease, including Angina or Heart Attack, High Blood Pressure, Glaucoma, Retinal Detachment, Osteoporosis, significant recent physical injuries, and/or surgery should not participate in the Activity.
 - Persons diagnosed with cancer and undergoing treatments.
 - Persons with a history of severe Mental Illness, Bipolar Disorder or Psychosis, Seizure Disorders, or for persons using major medications, or persons who are under the influence of legal or illegal drugs to the extent that their capacity is impaired.
 - It is also unsuitable for anyone with a personal or family history of Aneurysms.
 - Pregnant women are advised against practicing Breathwork without first consulting and getting approval from their primary care physician.
 - Persons with Asthma should bring their inhaler and consult with their primary care physician and your Certified Breathwork facilitator.
 - Persons with infectious or communicable diseases such as Coronavirus or Flu-Like Symptoms are asked to avoid attending a live in-person class due to the nature of group breathing.
 - Breathwork is not therapy and does not substitute for psychotherapy.
- I understand that whilst every care is taken, the facilitator will not be liable for any damage or injury resulting from my practice.
 - I understand and acknowledge that in undertaking Breathwork practices I am doing so at my own risk. It is with the understanding that I voluntarily execute this release and waiver.

- I agree to keep all information discussed in the group confidential. This request means that I may not discuss the identity or identifying information or share the reactions of any member of the Breathwork group with anyone outside of the group. I may talk about my own personal reactions and are even encouraged to do so outside of the group, but not others identifying information or reactions.
- By PURCHASING the Shamanic Breathwork Session, I am agreeing to these terms and conditions.

Please email questions to: Info@JoannaTheHealer.com prior to your **initial*** session.
Or print and sign and bring it with you.

****If you have already signed this form for previous sessions, you are NOT required to sign it again.***

First Name _____ Last Name _____

Email _____ Date _____

Do not to eat a big meal at least 1 hour prior to Breathwork session.