



Temple of Truth™

with Joanna the Healer

Reveal Yourself to Yourself

Breathwork Participation Waiver & Liability Release

About Breathwork

Breathwork is a deeply experiential, somatic practice that works through the body and nervous system. It can support emotional release, energetic movement, and increased presence within oneself. Each experience is unique and may range from subtle shifts to more intense physical, emotional, or energetic responses.

Personal Responsibility

I understand that I am fully responsible for my own physical, mental, and emotional well-being during and after this experience. I acknowledge that I am choosing to participate voluntarily and assume all risks associated with this practice.

Health & Readiness

I confirm that I have taken appropriate steps to assess my readiness for Breathwork, including seeking medical advice if necessary. This work may involve intense physical, emotional, or energetic release.

Contraindications

Breathwork is not recommended without medical clearance for individuals with: cardiovascular conditions, glaucoma, retinal detachment, aneurysms, severe mental health conditions, seizure disorders, recent surgeries, pregnancy, active cancer treatment, or substance impairment. If you have asthma, bring your inhaler and consult your physician prior to participation.

Nature of the Work

Breathwork is not therapy and does not replace medical or psychological care.

Liability Release

I acknowledge that the facilitator is not responsible for any injury or harm resulting from my participation and release them from liability.

Confidentiality

I agree to maintain confidentiality of all participants. I may share my own experience, but not others' identities or experiences.

Agreement

By purchasing and/or participating, I confirm that I have read and agree to the above terms.

First Name: _____

Last Name: _____

Email: _____

Date: _____

Note: Please avoid heavy meals at least 1 hour prior to the session.