

RELEASE, WAIVER OF LIABILITY, AND INDEMNITY AGREEMENT

I, the participant, ("Participant"), understand that in participating in these consultations, coaching sessions, breathwork sessions, and training, video(s), and audio(s) (collectively referred to as "Activities") offered by ("Facilitator"), have read and agreed to the following:

SERVICES & DISCLOSURE

I understand that breathwork and Activities offered by the Facilitator are designed to enhance the quality of life and support holistic wellbeing, and are not intended to replace the diagnosis, treatment or care of licensed professionals.

MEDICAL DISCLAIMER & CONTRAINDICATIONS

Breathwork results in certain specific physiological changes in the body and can result in intense physical and emotional release. Therefore, for safety purposes, we do not allow persons with the following conditions to participate in a breathwork session unless consulting the Facilitator first:

Medical Contraindications

- Epilepsy
- Detached Retina
- Recent surgery
- Glaucoma
- Osteoporosis that is serious enough whereby moving around actively could cause potential issues.
 - High Blood Pressure that is not controlled with medication.
- Cardiovascular disease and/or irregularities including prior heart attack
 - Prior strokes or seizures
 - Pregnancy
- Asthma (if you have asthma you can participate but you must have your inhaler available)
 - Prior diagnosis by a health professional of bipolar disorder or schizophrenia
- Hospitalization for any psychiatric condition or emotional crisis during the past 10 years.
- If you have been diagnosed with PTSD and still have strong symptoms, you are required to get your therapist's approval to participate before you register
- Any other medical, psychiatric or physical conditions which would impair or affect the ability to engage in any activities that involve intense physical and/or emotional release.

The client agrees that participation in any of these Breathwork services is entirely at his/her own risk. These services are provided "as is," without warranty of any kind, either expressed or implied, including without limitation any warranty for information services, mentoring, uninterrupted access, or products and services provided through or in connection with the service. This service is requested at the client's own choice and with inherent singular responsibility.

The client agrees that the use of all, or part, of the service is entirely at the client's own risk. Any actions or lack of actions, taken by the client of such advice is done so solely by choice and responsibility of the client and is neither the responsibility nor liability of the Facilitator

The client accepts full responsibility for waiving all rights to liability or any claims against the Facilitator. The client, his/her parent/guardian, his/her heirs, or legal representatives forever release, waive, discharge and covenant not to sue ("Facilitator"), for any injury, harm or death caused by either negligence or other acts. The client has read and understood this form and all its contents, and the client voluntarily agrees to the terms and conditions stated above.

I will advise the Facilitator prior to participation. I understand that the Facilitator is not qualified to evaluate my fitness for involvement in the Activities and that I am fully responsible for seeking medical help to treat all symptoms that are present before and after the activities. I hereby state that I am physically and mentally fit to participate in Activities and understand that it is solely my responsibility to seek professional support after activities if I feel unstable mentally or emotionally. I knowingly waive any claim I may have against the Releasees for injury or damages that I may sustain as a result of participating in Activities.

RISKS

I understand and acknowledge that the Activities in which I am participating bear certain known inherent risks that contribute to the unique character of these activities, and that Facilitator cannot eliminate, alter, or control these inherent risks. "Risks" include, but are not limited to, known and unknown health conditions, inaccessibility to immediate medical attention risks inherent in breathwork that includes, but are not limited to, over-exertion, psychological distress and disorientation, hyperventilation, respiratory alkalosis, muscle spasms, chest pain, numbness, heart attack, death, and injury or death caused by negligence on the part of Participant or other people around Participant. I hereby expressly and specifically assume the risk of injury or harm and agree that my involvement in activities is purely voluntary and that I elect to participate in spite of the Risks.

Participant name: _____

Date: ____________

Date of birth: _____

Signature: _____