



Terms and Conditions :

Breathwork involves conscious breathing techniques to influence physical and mental well being.

While generally safe, certain individuals should exercise caution or avoid certain types of Breathwork altogether due to potential risks.

Please take responsibility for your experience during the session and advise, if there are any Medical conditions, and Medications on board, even if you think it may not be important.

Listen to your body

Pay attention to your body's signals and stop OR change what you are doing / being guided to do if you experience any severe discomfort or adverse effects. You always have agency and everything is always an invite.

Practise in a safe environment

Choose a comfortable and safe space where you won't be disturbed. Also don't choose to stand for techniques that may make you dizzy or disoriented.

Sit in a comfortable chair that you won't fall out of.

Lie down on a mat / bed / surface that you cannot fall off from.

Beware of items you could knock yourself against.

Contra-indications and Precautions

Drugs or Alcohol

Do not practise under the influence of recreational drugs or alcohol.

Mental Health Conditions

Clients with Psychosis eg Schizophrenia or severe mental illness (major Depression, severe PTSD) & Bipolar disorder should not practise Energising techniques or CCB.

Pregnancy

Some Techniques may not be suitable. Beware during early or delicate pregnancies.

Cardiovascular Problems

In uncontrolled High Blood Pressure, known Aortic Aneurysms & recent heart attacks energising techniques and CCB are not advised.

Respiratory Problems

Certain techniques are not good for Obstructive Airways Disease (Asthma / COPD).

Recent Surgeries

Avoid Breathwork Practises that involve strenuous physical activity or movements such as Energising techniques and CCB.

Recent Injuries

Avoid Energising techniques & CCB or Practises that involve strenuous physical activity or movements.

Panic or Anxiety Disorders

Please inform me as it is imperative to start with slow, gentle breathing Techniques

Some Techniques may trigger panic attacks in susceptible individuals.

Ocular

Avoid energising techniques & CCB in uncontrolled Glaucoma, recent detached Retina & recent ocular surgery.

Neurological

Energising techniques and CCB are not advised in Epilepsy & recent Stroke sufferers.

BREATHWORK IS NOT A SUBSTITUTE FOR MEDICAL OR PSYCHIATRIC TREATMENT,

IT IS A HOLISTIC AND WHOLISTIC ADJUNCT



Breathwork
Africa