

Dragonfly BreathWorks

Medical Disclaimer:

We Want You To Be Safe

We have created an online program that aims to empower clients of DRAGONFLY BREATHWORKS to access affordable continuous active breathing workshops and/or coaching sessions to help eliminate the toxic negative energy that remains trapped in our systems. By clearing away this toxic energy, we can make room in our systems for positivity to radiate in and through our bodies, creating a vibration that supports us in manifesting anything we desire. By signing up to any of the DRAGONFLY BREATHWORKS courses, workshops and/or coaching sessions you are consenting to the following terms and conditions and agree to this medical disclaimer.

Medical Disclaimer

What To Expect

Breathwork encompasses a range of breathing exercises designed to enhance physical, spiritual, and emotional health. It is used to promote healing, health, and self-awareness and is thought to help those suffering from chronic pain, anxiety, PTSD, grief, and depression.

The effects of breathwork may include all types of physical and emotional release. For maximum benefits and effects, we recommend strongly that you continue breathing at the pace that is suggested throughout the workshop. If that feels too uncomfortable, reduce your breathing to one of the varied suggestions provided or deep breathing. If you feel it is necessary, return to your usual breathing and enjoy the meditative qualities of the workshop.

While breathing is a natural habit, we know that changing short term breathing patterns may bring on uncomfortable symptoms. Breathing influences your body's autonomic nervous system. You may experience symptoms that feel uncomfortable or unsettling. Symptoms may include breathlessness, anxiety and "air hunger". These are all normal and are particularly likely. The techniques used in the online and in-person active breathing workshops are designed to create an energetic change in your body and reduction of these symptoms will take time and practice. In some cases, you may require extra support from a therapist to help ease symptoms.

Contraindications

Active breathwork is a powerful healing modality and although usually a deeply relaxing and enjoyable process, it can also be a very profound process. It may result in certain specific physiological changes in the body and intense physical and emotional release.

Please be aware that active breathing techniques can cause but are not limited to:

- Tingling
- Light headedness
- Dizziness
- Trembling, shaking or other physical sensations
- Tetany
- Irregular body temperatures, sweating, cold chills
- Emotional experiences or release
- Experience of energy moving through your body
- Experience of energy/vibrations moving through the body
- Memory recall
- Crying as tension or built-up stress is released
- Laughter
- Calmness
- An increase in anxiety as the body adjusts to calm or is unable to find a relaxed breathing pattern
- Air hunger due to a change in your body's chemistry
- Yawning may occur as your body adjusts to new CO₂ levels

DRAGONFLY BREATHWORKS is not liable for any adverse reactions that occur from any of its courses.

Seek Professional Advice

Before participating in any content provided by DRAGONFLY BREATHWORKS , we strongly recommend that you consult with a physician or other healthcare provider. These services may be made accessible either through our website, online workshops or sessions and/or

in person. Services could include active breathing, breathing techniques, coaching, or advice.

Medical Conditions

Although certain active breathing techniques can have powerful outcomes, DRAGONFLY BREATHWORKS would like to make clear the contraindications.

As a precaution, the following conditions are contraindicated for anyone thinking of practicing active breathing techniques. If you have any of the following symptoms, we recommended completing any DRAGONFLY BREATHWORKS workshops and /or coaching sessions under the guidance of your doctor, specialist or breathing physiotherapist:

- Heart condition
- Cardiovascular disease including angina, heart attack, stroke
- Respiratory issues / unstable asthma
- Epilepsy / seizures
- COPD
- Diabetes
- Cancer
- Pregnancy
- Blood pressure conditions (not controlled with medication)
- Anxiety or any other mental health conditionn
- Detached Retina or Glaucoma
- Diagnosis of aneurysm in the brain or abdomen
- Prior diagnosis of bipolar disorder, personality disorder, schizophrenia or previous psychiatric condition.
- Hospitalisation for any psychiatric condition or emotional crisis within the last 10 years.
- Any recent operations or injury

It is essential that you consult your doctor, psychotherapist or psychiatrist before engaging in any active Breathwork practice if you are unsure if it is a suitable practice for you.

Other Medical Conditions

If you are currently undergoing any medical interventions, we recommend you seek medical clearance before attending any sessions, workshops and/or coaching sessions provided through DRAGONFLY BREATHWORKS. It is your responsibility to consult with your medical professional before starting.

If you know or suspect that you may be pregnant, have an eating disorder, have diabetes, or have any other physical, psychological, emotional or medical condition, it is imperative that you seek the advice of your doctor or other professional care provider prior to using our active breathing techniques, or joining any workshops and/or coaching sessions. If you experience any discomfort or pain during an activity, it is recommended that you immediately cease the activity and seek the assistance of a physician or other applicable professional care provider.

Content

Our website (and all content on our website and social media platforms) and our online workshops and/or coaching sessions include information and instruction relating to topics such as breathing, meditation, mindfulness, spirituality, universal laws and manifestation. You acknowledge and agree that the following warnings and disclaimers shall apply to all of our content, workshops and/or coaching sessions.

The Risks

DRAGONFLY BREATHWORKS are not rendering professional advice of any kind to you personally, including without limitation, medical, psychological, emotional, relationship or personal growth advice, counseling, therapy, or treatment advice of any kind. All topics in active breathing techniques or transformation coaching are merely providing general education and information to you about the described topics. You acknowledge and agree that when participating in any breathing, training, workshops and/or coaching sessions, or program of any kind provided by DRAGONFLY BREATHWORKS there is the possibility of physical injury, emotional distress and/or death, and you assume the risk and responsibility for any such results.

As with all physical activities, application of active breathwork and any related practices entails some degree of change in physical and mental state and is accompanied by risk. Be cognizant of your own capabilities and limits, both physical and mental, and act accordingly. If in doubt always consult with your healthcare practitioner before taking part in an active breathwork workshops and/or coaching sessions or coaching sessions.

Adhere to the following precept at all times: NEVER CONDUCT ACTIVE BREATHWORK ACTIVITIES IN PLACES WHERE LOSING CONSCIOUSNESS IS EXTREMELY DANGEROUS (e.g. in water, standing, whilst driving, etc.)

It is advised to not practice active breathwork, meditation, mindfulness or related practices in any place where going into an altered state can be dangerous.

Not A Substitute

We may offer suggestions regarding physical and mental health—in the form of suggested active breathing exercises, daily practices, etc.—but such information is merely intended for educational and informational purposes. We do not profess legitimate medical expertise. Furthermore, no recommendations or suggestions (whether specific or generic) should be regarded as medical diagnosis or treatment. For qualified advice regarding medical questions, please consult both your physical and mental health care professionals.

Our content is not meant to be a substitute for professional advice from your professional care provider and we make no warranties, express or implied, as to the completeness, accuracy, or appropriateness for any purpose of any information or content contained in our workshops and/or coaching sessions or program of any kind provided by DRAGONFLY BREATHWORKS. You are advised that physical and mental health advice as well as other professional advice is often subject to updating and refining due to medical and/or other research and developments. We are not liable for these types of advice as we are not professionals trained to provide them.

You should never disregard medical or other professional advice or delay seeking it because of a statement you have read and/or heard in our workshops and/or coaching sessions. Information or advice provided by DRAGONFLY BREATHWORKS should not be used in lieu of professional advice given by qualified medical professionals such as your doctor or registered physical therapist, psychologist, psychiatrist or other professional physical or mental health care provider.

Waive and Release

It is each participant's responsibility to look after their own physical, emotional and mental wellbeing. Breath facilitators are not medical practitioners. By booking any of our sessions, workshops and/or coaching sessions or memberships offerings you accept the following waiver:

'I understand that if I am taking any medications or have any medical conditions such as, but not being limited to those contraindicated above, that I must advise the facilitator/s. I

certify that I have consulted a health professional regarding any condition physical, mental or emotional that could interfere with my judgment, or affect my health in any way during or after any and all sessions and or workshops and/or coaching sessions. I understand and acknowledge that I am fully responsible for any risks or injuries, known or unknown. It is with this understanding that I voluntarily accept this waiver.'