

# RELEASE, WAIVER OF LIABILITY, AND INDEMNITY AGREEMENT

I, the participant, \_\_\_\_\_, understand that in participating in consultations, coaching sessions, breathwork sessions, breathwork immersions and ice baths, video(s), and audio(s) (collectively referred to as "Activities") offered by

Gianni Neiviller respirOspace, 627 N. Lamer St. Burbank CA 91506

I agree to the following:

### SERVICES & DISCLOSURE.

I understand that breathwork and Activities offered by *Releasees* Gianni Neiviller respirOspace are designed to enhance quality of life and support holistic wellbeing, and are not intended to constitute medical advice or any substitution for medical care. I understand that Activities are not intended to be relied upon for diagnosis or treatment in relation to any health problem, and services of the Facilitator do not replace the care of licensed professionals.

### MEDICAL DISCLAIMER & CONTRAINDICATIONS.

I understand that Breathwork and Activities may involve strong connected breathing, which can result in dramatic experiences accompanied by strong emotional and physical responses. I understand that I may find the Activities physically, emotionally, or mentally stressful, and that breathwork and **Activities may not be safe under certain medical conditions and not advised for persons with a history of cardiovascular disease or prior heart attack, high blood pressure, use of prescription blood thinners, epilepsy or seizures, glaucoma, osteoporosis, severe asthma, bipolar disorder, schizophrenia, dissociative disorders, history of significant trauma, and during pregnancy.**

*I hereby state that I am not pregnant, and if any of the above conditions apply to me, 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*

