



## Breathwork Liability Waiver Form

Sunny Creek Ranch and Jessica Shrieve Counseling prioritize the safety and well-being of all our participants, and as part of our commitment to ensuring a secure environment, we require the completion of this Liability Waiver Form.

A breathing session may not be suitable for you if you have the following conditions:

Cardiovascular problems, abnormally high blood pressure, aneurysms, epilepsy and seizures in the past, anyone taking heavy medication, severe psychiatric symptoms especially psychosis or paranoia, bipolar, osteoporosis, recent surgery, glaucoma or is currently pregnant.

People with asthma should bring their own inhaler and consult with their physician and breathing session instructor before participating.

Anyone experiencing an emotional or spiritual crisis or any person with a mental illness who is not in treatment or lacks adequate support.

Please note, this list is not exhaustive and we generally advise that if you have a question about a condition you may have that is not listed here, you consult a physician before participating in these breathing sessions.

I, \_\_\_\_\_, **warrant and represent** that I am in good health physically, mentally, psychologically and emotionally, and I understand and warrant that if I am not in good health I will not be allowed to perform the activities and sessions. Accordingly, the declaration and certification that I am in good health in all the above-mentioned respects constitutes a material agreement to allow me to participate in the breathing sessions.

**I know and acknowledge** that the person facilitating is not a doctor or psychiatrist, and that the activities offered are not intended to treat and diagnose specific medical conditions, whether physical, psychological or emotional.

**I understand** by participating in this class I am **not** receiving counseling/group counseling.

**I voluntarily participate** in these activities knowing the risks and consequences and agree to assume all consequences, known or not.

**I release trainer** Jessica Shrieve and Sunny Creek Ranch from all

responsibilities, costs and damages that may arise from participating in the above-mentioned activity.

**I agree to accept financial responsibility** for costs related to treatment.

By adding my name below, I acknowledge that I have read the above warning and agree to proceed with full responsibility, and understand that I have waived certain rights by signing and signing this release of liability freely and voluntarily without any external influence.

Signed by:

Signature:

Date: