



Safety Guide & Contraindications

Essential Information for Safe and Transformational Practice

Before participating in 9D Breathwork sessions, it's essential to understand how your body and nervous system can respond to different breathing techniques and intensities. This guide outlines key safety considerations and contraindications to ensure your wellbeing and that of others in our sessions.

Please read this document carefully and reach out if anything needs clarification.

Understanding Different Types of Breathwork

Not all breathwork techniques affect your system in the same way. In 9D Breathwork, we work with four distinct categories, each with different purposes and intensity levels:

Basic Breath Training

Foundational nervous system regulation techniques that teach you to work skillfully with your breath for daily stress management and resilience building.

Down Regulation (Parasympathetic Activation)

Gentle breathing techniques designed to calm your nervous system, reduce stress, and promote deep relaxation and restoration.

Hybrid Breathwork

A balanced blend of parasympathetic and sympathetic nervous system activation, creating gentle waves of energy while maintaining overall regulation.

9D Activation Sessions

High-intensity breathing patterns designed to activate your sympathetic nervous system, release stored emotions, and facilitate profound transformation through altered states of consciousness.

Important: *The safety considerations in this guide apply primarily to Activation & Hybrid Breathwork sessions, though some people may have strong responses even to gentler techniques. We always want you to be fully informed regardless of which type of session you're joining.*

What You Might Experience in 9D Breathwork

9D Breathwork can create a wide range of experiences that vary greatly from person to person and session to session. Some people describe it as "riding a wave", sometimes smooth and peaceful, other times raw and intense. For others, the experience might be subtle or seem like "nothing happened" and that's perfectly valid too.



Physical sensations you might experience:

- Tingling, pulsing, or vibrations throughout your body
- Temperature changes (feeling hot, cold, or fluctuating)
- Muscle cramping or stiffness (usually hands, feet, or jaw)
- Dizziness or lightheadedness
- Involuntary movements like shaking, trembling, or twitching
- Deep relaxation or feeling like you're floating
- Intense energy moving through your system

Emotional sensations you might experience:

- Sudden emotional releases or unexpected tears
- Feelings of deep vulnerability or openness
- Strong emotional resonance with others in the space
- Waves of different emotions moving through you
- Profound states of peace, bliss, or connection
- Memories, images, or insights surfacing from your subconscious

All of these experiences are welcome in our space. Most people who have intense experiences report feeling like "this is exactly what I needed to feel right now"—even when it's challenging. The 9D process has a wisdom that tends to show you what you're ready to process.

However, breathwork can be physically and emotionally intense, which is why we need to ensure it's safe for your current health status.

Contraindications & Safe Modifications in 9D Breathwork

At 9D, safety is foundational to the transformational power of the breath. The following contraindications are shared not to exclude individuals, but to ensure every participant has the safest and most supportive experience possible.

If you or someone you're guiding presents with any of the conditions listed below, please note the following clarifications:

- Most contraindications do not require medical approval unless the condition is chronic (i.e., long-term or medically managed). In those cases, a physician's release may be necessary before participating in an activating breathwork session.
- For non-chronic or mild conditions, modifications can make breathwork both accessible and beneficial. The safest and most supportive approach is to guide participants to:
 - Breathe through the nose instead of the mouth.
 - Slow down the breath if their body signals overwhelm or intensity.
 - Trust the innate wisdom of their body, adjusting pace or intensity as needed throughout the session.
- There are no contraindications for downregulation breathwork sessions. In fact, downregulation sessions can be the perfect entry point for individuals navigating any of the conditions listed below. These gentle journeys support nervous system regulation, emotional grounding, and integrative healing.

We recommend starting with a downregulation breathwork session when working with anyone presenting with a listed contraindication. This offers a safe foundation for exploring the breath without overstimulating the system.

In summary:

- Chronic conditions → Medical release required
- Non-chronic or mild conditions → Use nasal breathing + self-modulation
- Safe for all → Downregulation breathwork journeys

Your role as a facilitator is not to diagnose or exclude, but to create a compassionate and informed space where everyone can safely engage in their own healing process.

Discussing Breathwork with Your Doctor

If you need to check with your doctor about participating, here's how to communicate effectively:

"I'm interested in participating in a guided breathwork session for stress relief and personal development. The facilitator will guide me through specific breathing patterns that may include deep, rhythmic breathing designed to activate my nervous system in a controlled, therapeutic way. This can help with stress resilience and emotional release, and it will be held safely by a trained professional. Given my [specific condition/medication], is there anything I should know or any reason this might not be safe for me?"

We always want to work in collaboration with the medical system, never against it

Contraindications for 9D Breathwork

The following conditions may require special consideration before participating in activating breathwork sessions. If any of these are chronic or medically managed, we recommend consulting your physician and obtaining clearance prior to participating. This guidance is not meant to exclude, but to support your safety and ensure we can create the most grounded, informed, and beneficial experience possible.

Pregnancy (Any Stage)

Intense breathwork can overstimulate the nervous system and potentially affect uterine activity. The energy during pregnancy needs to be directed toward creating life, not processing intense stimuli. Gentle regulation techniques and/or a slow rhythmic circular breath are considered adequate modifications.

Severe PTSD or Trauma History

We distinguish between everyday stress and trauma (which we're happy to work with) and severe, pathological trauma that significantly impacts daily functioning. Intense breathwork can trigger overwhelming emotional releases that may require specialized trauma therapy support we're not trained to provide.

Medications Affecting Brain Chemistry

Antidepressants, anti-anxiety medications, ADHD medications, antipsychotics, and sleep medications can change how you relate to your body and may lower the threshold for adverse reactions. We need to understand what you're taking to ensure safety.

Eye Conditions (Detached Retina, Glaucoma)

Breathwork increases blood pressure and intraocular pressure. If you have any eye conditions involving pressure sensitivity or detachment, the increased pressure could worsen your condition.

Blood Pressure Issues (High or Low)

Breathwork creates significant shifts in blood pressure. Whether you have high or low blood pressure, we need to know about it so we can adapt the technique to ensure safety.

Cardiovascular Disease

This includes any history of heart attack, stroke, angina, or other heart conditions. Breathwork is essentially a cardiovascular workout, and we need to ensure your heart can handle the intensity safely.

Aneurysms of Any Kind

Blood pressure spikes during breathwork can increase the risk of aneurysm rupture. Any history of aneurysms requires medical clearance and careful consideration.

Thyroid Conditions

Your thyroid regulates metabolism, and breathwork creates significant energy fluctuations. We need to ensure your thyroid can handle these energy shifts without destabilization.

Diabetes (Type 1 or Type 2)

Breathwork influences energy levels and can affect blood sugar regulation. There's also an increased risk of fainting or hypoglycemia, so we need to know about any diabetes management you're doing.

Respiratory Conditions (Severe Asthma, COPD)

While breathwork can be therapeutic for breathing conditions, intense sessions might not be appropriate for sensitive or compromised lung tissue. Moderate asthma may be okay if you bring your inhaler and we discuss modifications.

Epilepsy or Seizure History

Hyperventilation is a known trigger for seizures. This is one of our most serious contraindications, if you have any history of seizures or epilepsy, intense breathwork may not be appropriate.

History of Fainting (Non-Epileptic)

If you have a history of fainting or vasovagal syncope, breathwork's combination of altered breathing patterns, emotional intensity, and blood pressure changes can potentially trigger similar episodes. We need to know about your fainting history so we can monitor you appropriately and modify techniques if needed.

Psychiatric Conditions (Bipolar, Schizophrenia, Psychosis)

Intense breathwork is inherently destabilizing emotionally, which can be therapeutic for people with stable mental health. However, if you already have unstable mood regulation or reality perception, additional destabilization could be harmful.

Recent Surgery, Injuries, or Childbirth

Physical stress and movement during breathwork sessions could interfere with healing or cause pain. We need to know about any recent procedures, especially those involving your torso.

Recent Psychiatric Hospitalization

If you've been hospitalized for mental health crises in the last 10 years, we need to understand your current stability and support systems before engaging in intense emotional work.

Essential Safety Guidelines

Location Safety: Never practice intense breathwork while driving, swimming, bathing, or anywhere unsafe. The risk of fainting, disorientation, or loss of coordination is real.

No Forcing: Never push yourself or others to continue any breathing technique. Breathwork should never feel forced or coercive.

Self-Regulation: You always have complete authority over your experience. You can slow down, modify, or stop at any time.

Communication: Always communicate your needs, boundaries, or concerns during sessions. We won't take any "no" personally.

Bodywork and Physical Contact

Some 9D sessions may include supportive physical contact such as gentle pressure, positioning assistance, or therapeutic touch:

- We will always announce and receive clear consent before any physical contact
- Please communicate any physical injuries, sensitivities, or boundaries in advance
- You have the right to decline any physical contact at any time
- Always let us know immediately if anything feels uncomfortable

Your Responsibility and Ours

Our responsibility:

Provide clear, comprehensive information about potential risks so you can make informed decisions about your participation.

Your responsibility:

Read this information carefully, consult with medical professionals about any relevant conditions, and communicate honestly about your health status and needs.

Together:

We create the safest possible container for your transformation and healing.

This document ensures we can hold space for your transformation while maintaining the highest standards of safety and care. Thank you for taking the time to read it thoroughly.