

Breathwork Disclaimer

CommunityFlow® Workshops

The following disclaimer is intended to provide information to individuals participating in breathwork workshops or contemplating membership.

Please read this disclaimer carefully:

CommunityFlow®'s policy is that although certain advanced and dynamic breathing techniques can have powerful outcomes they must be held safely and responsibly and thus, **contraindications** be made clear.

CommunityFlow® combines ThFlowCode® biohack method of conscious connected breathwork with fluid movements to reach a flow state of consciousness.

1. Purpose of Breathwork:

Breathwork is offered as a complementary practice within our outpatient mental health offices. It is intended to support individuals in managing stress, anxiety, and enhancing overall mental well-being.

2. Not a Replacement for Clinical Care:

Breathwork is not a substitute for professional clinical treatment provided by licensed mental health professionals. Participants should continue with their prescribed therapy, counseling, and treatment plans.

3. Consultation with Mental Health Providers:

Before engaging in breathwork, individuals with pre-existing mental health conditions or those currently receiving mental health treatment should consult their mental health provider to ensure its safety and appropriateness.

4. Individualized Experience:

The effects of breathwork can vary from person to person. Participants should understand that their experiences may differ from others, and there are no guaranteed outcomes.

5. Emotional and Psychological Responses:

Breathwork may evoke strong emotional or psychological responses. It is essential for participants to be prepared for such reactions and to seek support from our trained professionals when necessary.

6. Participant Responsibility:

Participants are responsible for their own well-being during breathwork sessions. If at any time they feel uncomfortable or distressed, they should inform the facilitator and discontinue the practice.

7. Informed Consent:

By participating in breathwork sessions, participants are considered to have given informed consent, acknowledging that they have read, understood, and agreed to this disclaimer.

Although usually a deeply relaxing and profound process, like anything that feels good, even breathwork techniques (If overused or misused) can result in certain specific physiological changes in the body and physical and emotional release.

Please be aware that sessions can cause and are not limited to:

- Tingling
- Light headedness
- Tetany *Mild muscle cramps and contractions often in hands or feet.
- Physical sensations
- Emotional release
- Experience of energy/vibrations moving through the body
- Memory recall

As a precaution, the following conditions are **contraindicated** for anyone thinking of practicing Breathwork with us or anywhere:

- Pregnancy first trimester
- Detached Retina or Glaucoma
- High Blood Pressure (*not controlled with medication*)
- Cardiovascular disease including angina, previous heart attack or stroke.
- Diagnosis of aneurysm in the brain or abdomen
- Respiratory Issues / Asthma (*without a pump*)
- Epilepsy / Seizures
- Prior diagnosis of bipolar disorder, personality disorder, schizophrenia or previous psychiatric condition.
- Hospitalization for any psychiatric condition or emotional crisis within the last 10 years.
- Any recent operations or injury

10. Individual Results May Vary:

The effectiveness of breathwork in improving mental well-being may differ from person to person. Some participants may find it helpful, while others may not experience significant benefits.

11. Liability:

CommunityFlow, assumes **NO** liability for any injuries, illnesses, or adverse effects resulting from breathwork participation.

Participants engage in breathwork sessions at their own risk.

12. Continuation of Clinical Care:

Breathwork is provided as an adjunct to traditional mental health treatment. Participants are encouraged to continue with their primary mental health care, including therapy, counseling, and prescribed medications.