

Waive and Release

CommunityFlow Self-Care Wellness Program

It is each participant's responsibility to look after their own physical, emotional and mental wellbeing. Breathwork sessions are facilitated by FlowCode Breathwork and Nirvana Fitness Coaches, **NOT** medical practitioners.

The following is intended to create an understanding with individuals participating in our Nirvana FlowCode Workshops sessions online and virtually.

By joining our sessions or workshops, 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 on previous page, that I must advise the facilitator. 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 session(s).

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.'

We may offer suggestions regarding physical and mental health —in the form of suggested exercises, daily practices, etc. — but such information is merely intended for educational and informational purposes, and 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 medical professionals.***

As with all physical activities, application of Breathwork practices entails some degree of change in physical and mental state. Be aware of your own capabilities and limits, both physical and mental, and act accordingly. Please note that participation in breathwork is voluntary, and individuals should consider their individual circumstances and consult with their mental health providers before joining any breathwork sessions at any of our sites. We are committed to providing a safe and supportive environment within the scope of recovery care, and breathwork is offered as an additional tool for enhancing mental well-being.

If you have any questions or concerns regarding the use of breathwork, feel free to contact us through direct messenger on our FB page, CommunityFlow.

NAME

DATE