

Breathwork Safety & Waiver

Welcome to an Elemental Rhythm Breathwork event. Please join in at your own pace and listen to your body. If you have any health concerns, or if anything below applies to you, please talk with a qualified health care professional before participating.

What an Elemental Rhythm Breathwork Class Involves

This is a guided, music-based session. You'll spend your time on a mat on the floor (usually with an eye mask to help you focus inward). You will be invited to:

- Move your body with gentle, intentional shaking motions to music
- Follow guided breathing patterns (faster and slower breathing, plus brief breath holds)
- End with a guided meditation to help you feel integrated

Is Breathwork Dangerous?

For most people, breathwork is low risk when practiced safely. However, everyone's body and health history is different.

A 2013 report described about 11,000 people over 12 years in a type of intensive breathwork practice and reported no negative effects or adverse reactions. There are also no reported cases in the research or literature showing that breathwork directly caused events like stroke or heart attack.

That said, advanced breathwork can bring up intense physical sensations and strong emotions. Because of this, it is not recommended for some people. If you are unsure, please talk to your doctor before participating.

General Safety Guidelines

- Only do breathwork in a safe space, where you can relax uninterrupted
- Lie down or choose a position where you cannot fall or hurt yourself
- Do not do this style of breathwork while driving, in water, or anywhere fainting could be dangerous (fainting is rare but possible)
- Some people may feel dizzy, tingling, cramping (tetany), or light-headed
- If you feel uncomfortable, slow your breathing, reduce intensity, and make your exhale longer

Common Experiences During Breathwork

All of these can be normal and nothing to fear. They are simply part of how the body and mind can process and release energy during breathwork:

- Temperature: shifts from hot to cold or cold to hot during the experience
- Auditory: changes in hearing (for example, sounds may feel “underwater” or unusually sensitive)
- Visions: spontaneous visualizations, dreamlike images, colours, visions, or light flashes
- Tingling, vibration, body shaking: sensations or numbness in the body (hands, feet, face, mouth, etc.)

- Buzzing or vibrating sensations throughout the body
- Weight: feeling like you are floating, or the opposite, a sense of heaviness or “melting” into the floor
- Emotions: a wide range may arise, including pleasant or challenging emotions. Allow them to move through. You may feel the urge to cry, laugh, or vocalize. All is welcome!
- Anxiety or panic sensations: feelings of anxiety, panic, or light-headedness can occur. If you have a history of anxiety or panic attacks, it may feel familiar. You are in control; you are doing the breathing, and you can always slow down, pause, or stop.
- Tetany (“T-rex” or “lobster hands”): Do not panic. This can be a normal response to intense breathing. It may feel like your hands are tightening or “locking,” sometimes with less control for a period of time. This is temporary and will subside after the breathwork event.

Who Should Not Participate, or Needs Medical Clearance First

If any of the following apply, consult your health care provider before participating. Some conditions may mean this class is not appropriate.

Physical:

- Epilepsy or seizure disorders
- Pregnancy (limited research for intense breathwork; clearance is required)
- High blood pressure, cardiovascular disease, angina, or history of heart attack
- Glaucoma, detached retina, or significant eye conditions
- Asthma (bring your inhaler; clearance recommended)
- Osteoporosis, recent surgery or significant injury
- History of stroke, aneurysm (personal or family history), or other major health conditions

Mental and Emotional:

- Bipolar disorder or schizophrenia (may be activating; clearance required)
- Breathwork has been helpful for many with trauma, but for those with severe PTSD symptoms, or severe emotional distress breathwork can evoke strong releases. Clearance and an additional support plan are recommended.

Disclaimer and release of liability

By completing registration and attending the event, I acknowledge that I understand breathwork may involve physical and emotional intensity and may cause, without limitation, the symptoms and experiences listed above. I accept full responsibility for my participation and for using appropriate safeguards when practicing outside of a facilitated session. I release and forever discharge Krista Helman, as well as Trauma & Grief Institute, including its contractors, employees, associates, and directors, from any and all actions, causes of action, damages, claims, or demands arising from my participation in this breathwork class, workshop, and/or course. I understand photos/video may be taken for promotion (including social media/marketing). If I do not consent to use of my image or have questions, I will email hello@traumaandgrief.com before the session and also tell the facilitator(s) before the session. If I do not consent, my image will be removed from final products. I understand scents may be used (such as incense or sage). If I do not consent or have questions, I will email hello@traumaandgrief.com before the session.