

Breathwork Healing

Your Preparation Guide

I am so looking forward to guiding you through this unique healing modality which I like to think of as a Spiritual Workout!

It's very important that you read the following guidelines to ensure you have the best possible and safe experience.

Please come prepared with :

- Create a safe, uninterrupted space where you can emotionally express yourself freely for up to 90 minutes
- Ideally don't eat a big meal right before our session
- If this is an online session, have headphones or ear buds that are already connected to your device (if using bluetooth be sure that the connection is set up and working). This will give you a more immersive experience, they are not an absolute requirement
- Eye mask or scarf or eye pillows to cover your eyes if you'd like to enjoy the fullest immersive experience, otherwise not required
- Wear comfy clothing that allows you to breathe and move freely. Remove any clunky / noisy jewellery that could distract you or others
- A blanket (in case you get cold during the session)
- Water (particularly for immediately after the session)
- Tissues (emotional release is normal in breathwork!)
- An intention for the breathwork healing. If you don't have a specific intention, that's ok too.

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Health disclaimer :

Whilst breathwork is practised widely without any health issues, it does create considerable physiological change and therefore may be unsuitable for anyone pregnant, taking antipsychotics, who experience respiratory conditions such as asthma, emphysema, or epilepsy, heart conditions or arrhythmia, or who have conditions such as complex trauma, PTSD, or schizophrenia.

If you have any concerns, please check with your health professional before participating.

I invite you to acknowledge my waiver - [CLICK HERE](#) - print, sign and email it to support@theschoolofself.love - and, to be clear, by joining a breathwork session with me it is understood that you are in full awareness and agreement with the above health disclaimer and recognise that you participate at your own risk. Your participation waives your right to maintain suit against Katie Phillips, her business and employees. You waive any liability and responsibility for your results and your experience. Only you know if you have a health concern and if you participate with a health concern that is your choice and personal responsibility. You are choosing to participate at your own risk.

Confidentiality :

Participation means you understand the importance of confidentiality so that every individual experiencing the breathwork session may feel safe to fully express themselves. Please agree to not discuss any other participants experience in any way that can be identifiable.