**Breathwork Immersion Therapy**

 **Important Information and Disclaimers**

Please take note of the contraindications of breathwork noted below.  As a precaution, if you experience any of these contraindications, please consult your healthcare provider before you participate in this work.

Revelation Breathwork® (“the Activity”) is not advised for persons with a history of cardiovascular disease, including Angina or Heart Attack, High Blood Pressure, Glaucoma, Retinal Detachment, Osteoporosis, significant recent physical injuries, and/or surgery should not participate in the Activity. Persons with a history of severe Mental Illness, Bipolar Disorder or Psychosis, Seizure Disorders, or for persons using major medications, or persons who are under the influence of legal or illegal drugs to the extent that their capacity is impaired. It is also unsuitable for anyone with a personal or family history of Aneurysms. Pregnant women are advised against practicing Breathwork without first consulting and getting approval from their primary care physician. Persons with Asthma should bring their inhaler and consult with their primary care physician and your Certified Revelation Breathwork®. Persons with infectious or communicable diseases such as Coronavirus or Flu-Like Symptoms are asked to avoid attending a live in-person class.

By booking in and engaging in a Breathwork Immersion Therapy session you certify that you are physically, emotionally and medically capable of participating in the activity and specifically assume all risks associated with participating in the activity. You acknowledge that you are aware of the risks of travelling to and from the Breathwork Immersion Therapy session and participating in the session. Risks may include but are not limited to physical and psychological impacts which may arise due to the participants own or others negligence, conditions related to travel or the activity itself.
​​

Please note that these sessions are conducted by Matt Nunan who is a Certified Revelation Breathwork facilitator. This service is offered in conjunction with The Mind & Body Therapist.