



### **Contraindications & Participant Considerations for 9D Breathwork + Sound Bath Healing Experiences**

This immersive experience includes deep breathwork, sound/vibrational therapy, and group emotional release. While beneficial for many, certain conditions require caution or prior consultation with a healthcare provider. Please inform facilitators before participating if any of the following apply to you:

#### **Medical & Physical**

- Cardiovascular concerns (e.g., heart disease, uncontrolled high blood pressure)
- Epilepsy or history of seizures, especially sound- or strobe-triggered
- Pacemakers or implanted medical devices (vibrations may interfere)
- Pregnancy — especially 2nd/3rd trimester breath retention or prolonged lying may be uncomfortable
- Severe or unmanaged respiratory conditions
- Recent surgery, injury, or conditions aggravated by deep breathing or vibration
- Low blood pressure prone to fainting/syncope

#### **Mental & Emotional Well-Being**

- Active or severe mental health conditions such as:
  - Psychosis
  - Dissociation disorders
  - Severe PTSD not in a regulated phase of healing
- High anxiety sensitivity to:
  - Altered breath patterns
  - Sound intensity
  - Enclosed or group environments

#### **Emotional Release Notice**

Breathwork and sound healing can lead to cathartic emotional expression, including:

- Crying
- Shaking
- Vocal release (including yells or screams)

These experiences are natural and welcome, but may feel activating or triggering to some participants.

Facilitators provide grounding and support throughout the session. Participants may choose to step out or modify techniques at any time.

#### **Sensory Considerations**

- Sensitivity to loud sounds, specific frequencies, or vibrational intensity
- Discomfort with aromatherapy or scents used during sessions

Participation is voluntary. Please honor your body and nervous system — pause, adjust, or opt out of any portion as needed.

This event is supportive and complementary, but not a replacement for medical or psychological care.