



TANYA SAUNDERS

Breathwork may not be for you if you have the following conditions:

- Pregnancy
- Detached Retina
- Glaucoma
- High Blood Pressure (not controlled with medication)
- Cardiovascular disease including angina, previous heart attack or stroke.
- Diagnosis of aneurysm in the brain or abdomen
- Uncontrolled thyroid conditions and diabetes
- Asthma – bring your inhaler to the session.
- Epilepsy
- Prior diagnosis of bipolar disorder, schizophrenia or previous psychiatric condition.

Hospitalization for any psychiatric condition crisis within the last 10 years. • Any other medical, psychiatric or physical conditions which would impair or affect ability to engage in any activities that involve intense physical and/or emotional release.

By signing up below, you agree that you do not have any of the issues above.

