



**BREATHWORK**

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# **Safety Guide & Contraindications**

# Essential Information for Safe and Transformational Practice

Before participating in 9D Breathwork sessions, it's essential to understand how your body and nervous system can respond to different breathing techniques and intensities. This guide outlines key safety considerations and contraindications to ensure your wellbeing and that of others in our sessions.

**Please read this document carefully and reach out if anything needs clarification.**

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## Understanding Different Types of Breathwork

Not all breathwork techniques affect your system in the same way. In 9D Breathwork, we work with four distinct categories, each with different purposes and intensity levels:

### Basic Breath Training

Foundational nervous system regulation techniques that teach you to work skillfully with your breath for daily stress management and resilience building.

### Down Regulation (Parasympathetic Activation)

Gentle breathing techniques designed to calm your nervous system, reduce stress, and promote deep relaxation and restoration.

### Hybrid Breathwork

A balanced blend of parasympathetic and sympathetic nervous system activation, creating gentle waves of energy while maintaining overall regulation.

### 9D Activation Sessions

High-intensity breathing patterns designed to activate your sympathetic nervous system, release stored emotions, and facilitate profound transformation through altered states of consciousness.

**Important:** *The safety considerations in this guide apply primarily to Activation Breathwork sessions, though some people may have strong responses even to gentler techniques. We always want you to be fully informed regardless of which type of session you're joining.*

# What You Might Experience in 9D Breathwork

9D Breathwork can create a wide range of experiences that vary greatly from person to person and session to session. Some people describe it as "riding a wave", sometimes smooth and peaceful, other times raw and intense. For others, the experience might be subtle or seem like "nothing happened" and that's perfectly valid too.



## Physical sensations you might experience:

- Tingling, pulsing, or vibrations throughout your body
- Temperature changes (feeling hot, cold, or fluctuating)
- Muscle cramping or stiffness (usually hands, feet, or jaw)
- Dizziness or lightheadedness
- Involuntary movements like shaking, trembling, or twitching
- Deep relaxation or feeling like you're floating
- Intense energy moving through your system

## Emotional sensations you might experience:

- Sudden emotional releases or unexpected tears
- Feelings of deep vulnerability or openness
- Strong emotional resonance with others in the space
- Waves of different emotions moving through you
- Profound states of peace, bliss, or connection
- Memories, images, or insights surfacing from your subconscious

All of these experiences are welcome in our space. Most people who have intense experiences report feeling like "this is exactly what I needed to feel right now"—even when it's challenging. The 9D process has a wisdom that tends to show you what you're ready to process.

**However, breathwork can be physically and emotionally intense, which is why we need to ensure it's safe for your current health status.**

# Important Medical and Legal Disclaimers

This is not a medical document and contains no medical advice. This list may not cover every possible condition or medical issue that could be relevant to breathwork practice.

You can only take responsibility for things you're aware of—which is exactly why we take responsibility for communicating clearly about potential risks and considerations.

If you have any health concerns, especially those mentioned on the next side, you must consult with your physician before participating.

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## Discussing Breathwork with Your Doctor

If you need to check with your doctor about participating, here's how to communicate effectively:

"I'm interested in participating in a guided breathwork session for stress relief and personal development. The facilitator will guide me through specific breathing patterns that may include deep, rhythmic breathing designed to activate my nervous system in a controlled, therapeutic way. This can help with stress resilience and emotional release, and it will be held safely by a trained professional. Given my [specific condition/medication], is there anything I should know or any reason this might not be safe for me?"

We always want to work in collaboration with the medical system, never against it

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## Contraindications for 9D Breathwork

The following conditions may pose risks during breathwork sessions and must be discussed with your physician before participating. This is not to exclude you—it's to ensure we can create the safest possible experience for everyone.

### **Pregnancy (Any Stage)**

Intense breathwork can overstimulate the nervous system and potentially affect uterine activity. The energy during pregnancy needs to be directed toward creating life, not processing intense stimuli. Gentle regulation techniques may be appropriate with medical clearance.

## **Severe PTSD or Trauma History**

We distinguish between everyday stress and trauma (which we're happy to work with) and severe, pathological trauma that significantly impacts daily functioning. Intense breathwork can trigger overwhelming emotional releases that require specialized trauma therapy support we're not trained to provide.

## **Medications Affecting Brain Chemistry**

Antidepressants, anti-anxiety medications, ADHD medications, antipsychotics, and sleep medications can change how you relate to your body and may lower the threshold for adverse reactions. We need to understand what you're taking to ensure safety.

## **Eye Conditions (Detached Retina, Glaucoma)**

Breathwork increases blood pressure and intraocular pressure. If you have any eye conditions involving pressure sensitivity or detachment, the increased pressure could worsen your condition.

## **Blood Pressure Issues (High or Low)**

Breathwork creates significant shifts in blood pressure. Whether you have high or low blood pressure, we need to know about it and get medical clearance for your safety.

## **Cardiovascular Disease**

This includes any history of heart attack, stroke, angina, or other heart conditions. Breathwork is essentially a cardiovascular workout, and we need to ensure your heart can handle the intensity safely.

## **Aneurysms of Any Kind**

Blood pressure spikes during breathwork can increase the risk of aneurysm rupture. Any history of aneurysms requires medical clearance and careful consideration.

## **Thyroid Conditions**

Your thyroid regulates metabolism, and breathwork creates significant energy fluctuations. We need to ensure your thyroid can handle these energy shifts without destabilization.

## **Diabetes (Type 1 or Type 2)**

Breathwork influences energy levels and can affect blood sugar regulation. There's also an increased risk of fainting or hypoglycemia, so we need to know about any diabetes management you're doing.

## **Respiratory Conditions (Severe Asthma, COPD)**

While breathwork can be therapeutic for breathing conditions, intense sessions might not be appropriate for sensitive or compromised lung tissue. Moderate asthma may be okay if you bring your inhaler and we discuss modifications.

## **Epilepsy or Seizure History**

Hyperventilation is a known trigger for seizures. This is one of our most serious contraindications, if you have any history of seizures or epilepsy, intense breathwork is not appropriate.

## **History of Fainting (Non-Epileptic)**

If you have a history of fainting or vasovagal syncope, breathwork's combination of altered breathing patterns, emotional intensity, and blood pressure changes can potentially trigger similar episodes. We need to know about your fainting history so we can monitor you appropriately and modify techniques if needed.

## **Psychiatric Conditions (Bipolar, Schizophrenia, Psychosis)**

Intense breathwork is inherently destabilizing emotionally, which can be therapeutic for people with stable mental health. However, if you already have unstable mood regulation or reality perception, additional destabilization could be harmful.

## **Severe Psychosomatic Disorders**

Conditions where emotional distress manifests as physical symptoms can be aggravated by intense somatic exploration without proper therapeutic support.

## **Recent Surgery, Injuries, or Childbirth**

Physical stress and movement during breathwork sessions could interfere with healing or cause pain. We need to know about any recent procedures, especially those involving your torso.

## **Recent Psychiatric Hospitalization**

If you've been hospitalized for mental health crises in the last 10 years, we need to understand your current stability and support systems before engaging in intense emotional work.

# Essential Safety Guidelines

**Location Safety:** Never practice intense breathwork while driving, swimming, bathing, or anywhere unsafe. The risk of fainting, disorientation, or loss of coordination is real.

**No Forcing:** Never push yourself or others to continue any breathing technique. Breathwork should never feel forced or coercive.

**Self-Regulation:** You always have complete authority over your experience. You can slow down, modify, or stop at any time.

**Communication:** Always communicate your needs, boundaries, or concerns during sessions. We won't take any "no" personally.

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## Bodywork and Physical Contact

Some 9D sessions may include supportive physical contact such as gentle pressure, positioning assistance, or therapeutic touch:

- We will always announce and receive clear consent before any physical contact
  - Please communicate any physical injuries, sensitivities, or boundaries in advance
  - You have the right to decline any physical contact at any time
  - Always let us know immediately if anything feels uncomfortable
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## Your Responsibility and Ours

### **Our responsibility:**

Provide clear, comprehensive information about potential risks so you can make informed decisions about your participation.

### **Your responsibility:**

Read this information carefully, consult with medical professionals about any relevant conditions, and communicate honestly about your health status and needs.

### **Together:**

We create the safest possible container for your transformation and healing.

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*This document ensures we can hold space for your transformation while maintaining the highest standards of safety and care. Thank you for taking the time to read it thoroughly.*