

## Dreamshadow Transpersonal Breathwork

with Joe Moore and Kyle Buller

### **Safety Information**

This is an interactive workshop. You must be an adult (age 18 and older) and in good health to participate.

The following conditions are contraindicated. If you have any of these conditions, please select a different workshop to attend:

- Cardiovascular disease, including angina or heart attack
- High blood pressure
- A family history of aneurisms
- A personal history of mental illness or psychiatric hospitalization
- Surgery, inpatient or outpatient
- Past or recent significant physical injuries
- Recent or current infectious or communicable diseases
- Glaucoma
- Retinal detachment
- Seizure disorder (epilepsy)
- Osteoporosis
- Back problems
- Sleep problems (apnea, snoring, etc.)

If you have asthma, please bring your inhaler.

You will be required to sign a liability waiver on the day of the event.