



BREATHWORK WAIVER & RELEASE OF LIABILITY

PLEASE READ BEFORE ATTENDING A BREATHWORK SESSION WITH BIANCA

As the client and in consideration for my participation in breathwork sessions both online and in person, I have voluntarily enrolled in this Breathwork activity with Bianca Fontana (the "Facilitator") from Breathe with Bianca. I understand that I am under no obligation of any kind to participate in this Breathwork activity and I voluntarily enter this into this Waiver and Release of Liability.

1. I understand that Breathwork is a personal growth experience designed to enhance the quality of life, and is not a substitute for (psycho)therapy and does not substitute for therapy if needed, and does not prevent, cure or treat any mental disorder or medical disease.
2. I understand that I am responsible for creating and implementing my own physical, mental and emotional wellbeing, decisions, choices, actions, and results. As such, I agree that the Breathwork Facilitator is not and will not be liable for any actions or inaction, or for any direct or indirect result of services provided by the Facilitator.
3. I understand that this Breathwork activity is not medically supervised and that Bianca Fontana from Breathe with Bianca is neither a licensed psychotherapist nor licensed medical professional and that breathwork is not a substitute for any medical diagnosis or medical treatment. I also understand that the Breathwork Facilitator is not intended to replace any relationship I have with my medical doctor and/or primary health care provider(s). Any information given by the Facilitator is not intended to constitute medical advice or any substitution for medical care. The information provided by the Facilitator is not intended to be relied on for prescriptions, recommendations, diagnosis or treatment in relation to any health problem or disease.
4. I understand that this Breathwork activity may involve strong connected breathing and may include guided meditation.
5. I understand that Breathwork can involve dramatic experiences accompanied by strong emotional and physical responses or releases.
6. I understand that I might find Breathwork physically, emotionally, and/or mentally stressful. I hereby affirm that I am in good health and able to participate in this activity. I do not have any physical or mental conditions which would impair my ability to engage in this activity or which would otherwise endanger my health during this Breathwork activity, or which would cause any risk of harm to myself or other participants.