



### **CONTRAINDICATIONS:**

**\*Pregnancy**

**\*High Blood Pressure** that is not controlled with medication

**\*Cardiovascular Disease** and/or irregularities including prior heart attack

**\*Aneurysms** – if either you have had an aneurysm or if more than one person in your immediate family (parents, siblings, children) has had one

**\*History of Strokes, Seizures or TIAs**

**\*If you're taking Prescription Blood Thinning/Anti-Clotting Medications**

**\*Epilepsy**

**\*Detached Retina**

**\*Glaucoma**

**\*Osteoporosis** that is serious enough whereby moving around actively could cause physical damage to your body

**\*Prior diagnoses by a health professional of Bipolar Disorder or Schizophrenia**

**\*Hospitalization for any Psychiatric Condition** or serious emotional crisis in the past 10 years such as an attempted suicide, nervous breakdown or psychotic break

**\*PTSD** – many people have profound healing experiences, but if you currently have symptoms of severe PTSD, please reach out to me before registering for the event. It is important that you have a solid support structure to work with what might come up during the session and a willingness to process through the emotions that may come up afterward.

**\*If you have Asthma**, you are welcome to breathe but please have your inhaler available

**\*Recent Head Injury or Other Physical Injuries** that are not fully healed and could be re-injured through intense movement

**\*Any other medical, psychiatric or physical conditions** which would impair or affect ability to engage in activities involving intense physical and/or emotional release and/or issues from the past being brought up for processing and release

**IF YOU'RE NOT SURE IF THESE APPLY TO YOU, PLEASE CONTACT ME (ERIC) BY TEXT/CALL 201-314-1073 TO DISCUSS BEFORE EVENT REGISTRATION**

### **WHAT TO BRING:**

**\*Water Bottle** (closed container)

**\*Eyemask/Blindfold** (Optional but recommended)

**\*Small Pillows** (for hugging or pounding)

**\*Blanket** (optional)

**\*Chapstick or Lip Balm** (optional)

**\*Comfortable, Loose Clothing** that will not restrict belly breathing

**\*Do Not Eat** at least one hour before the event