



Breatherapy

Breathwork

Please read prior to workshop

Please wear loose, comfortable clothing, ensure you are well hydrated and I suggest for your own comfort that you do not eat anything for a couple of hours prior to the session. If you have a mat and a blanket, please bring them along with you too.

Breathwork is a benign and yet powerful modality with few contraindications. For anyone with any of the following conditions we recommend that you seek the advice of your GP/other medical professional before practicing breathwork;

Epilepsy /Seizures (of any kind)

Glaucoma

Detached retina

Psychotic states

Borderline psychotic states

Please make me aware before the session if you have any kind of heart / blood pressure or respiratory issue.

If you have any questions please do not hesitate to get in touch via email or I'm more than happy to chat over the phone

Alan Ball

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