ANTARA SOUL

Breathwork Participation Waiver & Informed Consent

Antara Soul LLC · antarasoul.com · hello@antarasoul.com

Please read carefully before participating in any breathwork session or event.

ABOUT CONSCIOUS CONNECTED BREATHWORK

Conscious connected breathwork is a somatic practice that uses deliberate, rhythmic breathing to support emotional release, nervous system regulation, and access to altered states of consciousness. Sessions may produce a range of physical, emotional, and psychological experiences including but not limited to tingling, vibration, muscle contraction (tetany), emotional release, altered perception, and spontaneous movement.

Conscious connected breathwork is not appropriate for everyone. If any of the following conditions apply to you, we ask that you consult with a qualified medical or mental health provider and receive their clearance before participating. By booking and attending a session or event, you acknowledge that you have done so or that none of the following conditions apply to you.

Breathwork facilitated by Antara Soul is non-clinical and is not a substitute for medical or mental health treatment. Neera Maru is not a licensed therapist, psychologist, or medical provider.

CONTRAINDICATIONS

Cardiovascular & Physical

- Cardiovascular conditions including heart disease, heart failure, or history of heart attack
- High blood pressure (hypertension) — uncontrolled or severe
- History of stroke or transient ischemic attack (TIA)
- Aneurysm — brain or aortic
- Epilepsy or seizure disorders
- Detached retina or glaucoma
- Recent surgery — within 3 months
- Severe asthma or respiratory conditions that make extended breathing difficult
- Any condition your physician has advised against intense breathing exercises

Mental Health

- History of psychosis, schizophrenia, or bipolar disorder with psychotic features
- Severe dissociative disorders
- Active suicidal ideation or recent suicide attempt
- Severe untreated anxiety or panic disorder — breathwork may amplify symptoms
- Personality disorders that make altered states difficult to navigate safely

Medications

- Current use of SSRIs or MAOIs — also relevant if ceremonial cacao is offered
- Blood thinners or anticoagulants
- Any medication your physician has advised against with intense breathwork

Other

- Pregnancy
- Severe osteoporosis
- Active substance use, intoxication, or being under the influence of alcohol or recreational drugs on the day of the session

If you are unsure whether any of the above applies to you, please consult your physician before participating and contact hello@antarasoul.com with any questions.

WHAT TO EXPECT

By participating, you acknowledge that breathwork sessions may produce:

- Physical sensations — tingling, vibration, temperature changes, feeling of heaviness or floating, spontaneous movement
- Tetany — temporary muscle contraction most commonly in the hands or feet, affecting approximately one third of participants, particularly in early sessions. This is temporary and resolves when breathing returns to normal.
- Emotional release — crying, laughing, yelling, or other expressions of emotion
- Altered states of consciousness — changes in perception, visuals, memories, or spiritual experiences
- Dry mouth — a normal effect of mouth breathing
- Mild diuretic effect — mouth breathing may create the urge to use the bathroom

You may stop at any time by returning to a normal breathing pattern. Antara Soul facilitators are present to support you throughout the session.

ASSUMPTION OF RISK & RELEASE

By participating in a breathwork session or event facilitated by Antara Soul LLC, I acknowledge and agree that:

- I have read and understood the contraindications listed above and confirm that none apply to me, or I have consulted my physician and received clearance to participate
- I understand that breathwork may produce altered states of consciousness, physical sensations, and emotional release
- I am participating voluntarily and of my own free will
- I understand that breathwork facilitated by Antara Soul is non-clinical and is not a substitute for medical or mental health treatment
- I take full responsibility for my own experience and well-being during and after the session
- I release Antara Soul LLC and Neera Maru from any and all claims, liabilities, or damages arising from my participation
- I agree to inform the facilitator immediately if I feel unwell or unsafe at any point during the session

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CEREMONIAL CACAO — ADDITIONAL CONSENT

Some Antara Soul breathwork events include ceremonial grade cacao. If cacao is offered, please note the following additional contraindications:

- Current use of SSRIs or MAOIs — cacao may interact with these medications
- Heart conditions or high blood pressure — cacao is a vasodilator and cardiac stimulant
- Pregnancy
- Severe caffeine sensitivity — cacao contains theobromine, a mild stimulant

If any of the above apply, please inform the facilitator before the session.

ACKNOWLEDGMENT & SIGNATURE

By signing below, I confirm that I have read this waiver in full, that I understand its contents, and that I agree to its terms.

Full name: _____

Signature: _____

Date: _____

Emergency contact name: _____

Emergency contact phone: _____

If participating online or via Breely booking, your agreement to these terms is confirmed through the waiver checkbox at the time of booking.
