



Safety Guide & Contraindications

Essential Information for Safe and Transformational Practice

Before participating in any 9D Breathwork session, it's essential to understand how your body and nervous system may respond to different breathing techniques and levels of intensity.

This guide outlines key safety considerations, contraindications, and participant responsibilities to ensure your wellbeing and create a safe environment for personal transformation.

Please read carefully before your session and contact your facilitator or medical provider if you have any questions.

Important Medical and Legal Disclaimers

This document is provided for educational purposes only and does not constitute medical advice.

9D Breathwork sessions are not a medical treatment, nor are they intended to diagnose, treat, or cure any physical or psychological condition.

If you have any health concerns, pre-existing conditions, or are taking prescription medication, you must consult with your physician before participating.

Participation in any 9D Breathwork session is entirely voluntary. By engaging in this practice, you acknowledge that:

- You are choosing to participate of your own free will.
- You understand the potential emotional and physical intensity of breathwork.
- You take full responsibility for your health and wellbeing during and after the session.

Your facilitator will provide professional guidance and safety monitoring, but you remain the ultimate authority over your body and experience.

We encourage collaboration with your healthcare provider and transparent communication with your facilitator to ensure the safest, most beneficial experience possible.

Understanding Different Types of Breathwork

Not all breathwork techniques affect the body in the same way. 9D Breathwork offers four distinct categories, each with unique purposes and intensity levels:

Basic Breath Training

Foundational techniques that strengthen awareness, regulation, and resilience in daily life.

Down-Regulation (Parasympathetic Activation)

Gentle breathing designed to calm the nervous system, reduce stress, and restore balance.

Hybrid Breathwork

A blend of calming and activating breathing that creates rhythmic energetic waves while maintaining equilibrium.

9D Activation Sessions

High-intensity patterns designed to release stored emotions, awaken energy, and facilitate deep transformation through altered states of consciousness.

Important:

The safety considerations in this guide apply primarily to Activation & Hybrid Breathwork sessions, though some people may have strong responses even to gentler techniques. We always want you to be fully informed regardless of which type of session you're joining.

What You Might Experience

Breathwork can create a wide range of experiences that vary greatly from person to person and session to session. Some people describe it as "riding a wave", sometimes smooth and peaceful, other times raw and intense. For others, the experience might be subtle or seem like "nothing happened" and that's perfectly valid too.



Physical sensations you might experience:

- Tingling, pulsing, or vibration throughout your body
- Changes in temperature (feeling hot, cold, or fluctuating)
- Muscle stiffness or cramping (often hands, feet, or jaw)
- Dizziness or lightheadedness
- Involuntary shaking, trembling, or twitching
- Deep relaxation or floating sensations
- Intense surges of energy moving through your system

Emotional or Mental Sensations you might experience:

- Sudden emotional releases or unexpected tears
- Feelings of deep vulnerability or openness
- Strong emotional resonance with others in the space
- Waves of different emotions moving through you
- Profound states of peace, bliss, or connection
- Memories, images, or insights surfacing from your subconscious

All of these experiences are welcome in our space. Most people who have intense experiences report feeling like "this is exactly what I needed to feel right now"—even when it's challenging. The 9D process has a wisdom that tends to show you what you're ready to process.

However, breathwork can be physically and emotionally intense, which is why we need to ensure it's safe for your current health status.

Contraindications & Medical Considerations

At 9D, safety is foundational to the transformational power of the breath. The following contraindications are shared not to exclude individuals, but to ensure every participant has the safest and most supportive experience possible.

If you experience or have a history of any of the following, please review the guidance below and consult your physician before joining a high-intensity (Activation or Hybrid) session.

Physical Health Conditions

- Pregnancy (any stage): Gentle breathing only; avoid activating sessions.
- High or Low Blood Pressure: Inform your facilitator; breathwork can alter pressure levels.
- Cardiovascular Disease: Including heart attack, angina, or stroke history – medical clearance required.
- Aneurysms (any type): Medical clearance required; risk of rupture due to pressure changes.
- Thyroid Conditions: Energy and metabolism changes may affect thyroid stability.
- Diabetes (Type 1 or 2): Blood-sugar regulation can fluctuate; consult your doctor.
- Eye Conditions (glaucoma, detached retina): Increased pressure can aggravate these issues.
- Respiratory Conditions (asthma, COPD): Gentle practice only; bring inhaler if applicable.
- Recent Surgery, Injury, or Childbirth: Avoid activation sessions until fully healed.

Neurological or Psychiatric Conditions

- Epilepsy or Seizure History: Intense breathwork can trigger seizures – avoid activation sessions.
- History of Fainting or Vasovagal Episodes: Practice only under supervision; modify breathing pace.
- Severe PTSD or Trauma History: Gentle or down-regulation sessions only; trauma-informed support recommended.
- Bipolar, Schizophrenia, or Psychosis: Avoid high-intensity breathwork unless medically cleared and supported.
- Recent Psychiatric Hospitalization (within 10 years): Medical or therapist clearance advised.

Guideline Summary:

- Chronic or medically managed conditions → Physician release required
- Mild or non-chronic conditions → Modify technique and self-regulate
- Safe for everyone → Down-regulation sessions

Discussing Breathwork with Your Doctor

If you need to check with your doctor about participating, here's how to communicate effectively:

"I'm interested in participating in a guided breathwork session for stress relief and personal development. The facilitator will guide me through specific breathing patterns that may include deep, rhythmic breathing designed to activate my nervous system in a controlled, therapeutic way. This can help with stress resilience and emotional release, and it will be held safely by a trained professional. Given my [specific condition/medication], is there anything I should know or any reason this might not be safe for me?"

Collaborating with your doctor supports both your safety and your growth.

Safety Guidelines for Participants

- Choose a safe environment: Never practice intense breathwork while driving, swimming, or bathing.
 - No forcing: Breathwork should never feel pressured or competitive.
 - Self-regulate: You control your experience—slow down, return to natural breathing, or stop if needed.
 - Communicate: Share any discomfort, emotion, or boundary with your facilitator.
 - Stay grounded after sessions: Drink water, rest, and give yourself time to integrate.
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Bodywork & Physical Contact

Some 9D sessions may include supportive, consensual touch such as grounding pressure or light positioning assistance.

Your facilitator will:

- Ask for explicit verbal consent before any contact.
 - Respect all boundaries—no touch is ever required.
 - Encourage you to speak up immediately if something feels uncomfortable.
 - You always have the right to decline touch at any moment.
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Roles & Responsibilities

Our Responsibility (Facilitators):

To provide clear information about possible experiences, maintain a safe container, and honor your personal boundaries at all times.

Your Responsibility (Client):

To review this information thoroughly, disclose any relevant health conditions, and consult your healthcare provider when necessary.

You are responsible for your choices, pace, and wellbeing during the session.

Together:

We co-create a safe, professional, and transformational environment rooted in awareness, respect, and trust.

Acknowledgment

By attending a 9D Breathwork session, you confirm that you have read and understood this document and take full responsibility for your participation.

This document ensures we can hold space for your transformation while maintaining the highest standards of safety and care. Thank you for taking the time to read it thoroughly.