

CONTRAINDICATIONS FOR BREATHWORK.

- Pregnancy(at any stage)
- Severe PTSD or trauma
- Actively using recreational drugs
- Taking any medication that alters brain chemistry like anti-anxiety, anti-depressant, ADD, OCD medications etc.
- Detached Retina
- Glaucoma
- Kidney disease
- High Blood Pressure
- Cardiovascular disease, including angina, previous heart attack or stroke
- Diagnosis of aneurysm of any kind
- Uncontrolled thyroid conditions
- Diabetes(any type)
- Tinnitus
- Severe Asthma - for mild to moderate asthma, we can discuss but you must bring your inhaler to the session
- Epilepsy
- History of seizures
- Prior diagnosis of bipolar disorder, schizophrenia or previous psychiatric condition
- Severe psychosomatic disorders
- Recent surgery, stitches or injury
- Hospitalisation for any psychiatric condition or emotional crisis within the last 10 years

Possible Contraindications for (some) MFR

- Pregnancy
- Malignancy
- Osteoporosis
- Osteomyelitis
- Phlebitis
- Cellulitis
- Acute Rheumatoid Arthritis
- Blood Clot
- Aneurysm
- Bursitis
- Sutures
- Anticoagulant Therapy
- Congestive Heart Failure
- Bleeding Disorders
- Goiter
- Eczema / Skin Lesions
- Hypersensitive Skin
- Open Wounds
- Healing Fractures
- Obstructive Edema
- Advanced Diabetes

- Hemtoma
- Febrile State
- Organ Failure