

Melinda Cange

HOLISTIC SELF-CARE

Breathwork Waiver and Release of Liability

I hereby acknowledge that I am voluntarily participating in a breathwork session provided by Melinda Cange / changelicious cange. I understand that breathwork involves controlled breathing techniques and may induce altered states of consciousness, intense emotional releases, and physical sensations.

I acknowledge and understand that there are inherent risks associated with breathwork, including but not limited to:

- 1. Physical Risks:** Breathwork may cause physical discomfort, dizziness, or lightheadedness. It may also result in muscle tension, tingling sensations, or changes in body temperature.
- 2. Emotional Risks:** Breathwork may evoke intense emotional responses, including feelings of sadness, anxiety, or elation. Participants may experience memories or emotions that could be distressing.
- 3. Psychological Risks:** Breathwork may lead to the surfacing of unconscious thoughts, memories, or traumas. Participants may experience altered states of consciousness that could be disorienting or overwhelming.
- 4. Medical Risks:** Breathwork may not be suitable for individuals with certain medical conditions, such as cardiovascular issues, respiratory problems, or psychiatric disorders. It is the participant's responsibility to disclose any relevant medical conditions and pregnancy to the facilitator before the session.

By participating in this breathwork session, I affirm that:

- I have been informed of the potential risks associated with breathwork, and I understand that I am voluntarily assuming these risks.
- I am not under the influence of alcohol, drugs, or any substances that may impair my judgment or physical abilities.
- I understand that I am solely responsible for monitoring my own physical and emotional well-being during the session.
- I will inform the facilitator immediately if I experience any discomfort, pain, or adverse reactions during the session.

In consideration of being permitted to participate in the breathwork session, I hereby release, waive, discharge, and covenant not to sue Melinda Cange / changelicious cange, its officers, employees, collaborators and agents from any and all liability, claims, demands, actions, and causes of action whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained by me during or as a result of my participation in the breathwork session.

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I have read this waiver and release of liability, fully understand its terms, and voluntarily agree to its contents. I acknowledge that I have had the opportunity to seek independent legal advice before signing this waiver.

The linked terms and conditions also apply:

- <https://melindacange.com/terms-and-conditions/>

Photos / Videos / Media use: This includes taking photos and videos before, during, and after the event for promotional purposes. By participating in the Breathwork Ceremonies, you consent to the use of these media to showcase our activities, while ensuring your comfort throughout the process.

Refund Policy: Cancellations must be made at least 48 hours before the event to allow waitlisted individuals a chance to join. Cancelling later than this will mark the session as taken. No refunds are available, however you can transfer your canceled registration once to another session within three months. Transfers to third parties are not permitted. If you cannot participate within this period, your credit will expire. Cancellations are only accepted via email. Please contact: hallo@melindacange.com