

Melinda Cange

HOLISTIC SELF-CARE

Welcome to our Breathwork Ceremony

I am so happy creating this sacred space with you!

What awaits:

- A warm welcome to open a respectful and safe space
- Information and Instructions for the breathwork process
- Activation of your voice by vocal toning, this helps to open the energy channels
- Breathwork Session
- Sharing & Closing

How to prepare:

- It's best having the last big meal between 2-4 hours before the session.
- Please don't eat anything at least 90 min beforehand.
- Drink a lot of water or tea before the session and after.
- Wear comfortable and warm clothes. (Dress in layers)
- Don't take any substances like drugs, alcohol, plant medicine before the session!

Recommendation

- Set an intention: What made you sign up? What would you like to take out of this journey? Even if your mind doesn't know yet, your soul already knows.
- Despite your intention, come without expectation. Be receptive to whatever unfolds during this journey, even before our event begins!
- If you have difficulties keeping your eyes closed during the session, please bring an eye mask or a scarf.

Terms of participation:

By participating in the workshop, you confirm that you are physical and mentally healthy. If this is not the case, it's your responsibility to consult a medical advisor beforehand and to let me know as well. I don't take any accountability for any issues or damages. During the session make sure you only go as far as it's good for you. Know your boundaries! The workshop contains non-therapeutic content.

Contraindications for the Breathwork-Process:

- Cardiovascular Diseases
- Resent Heart Surgery
- Pacemaker
- High Blood pressure
- Pregnancy

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- Epilepsy
- Borderline
- Schizophrenia
- Glaucoma
- Brain and or Aorta Aneurysm
- Diabetes
- Respiratory Issues such as Asthma

The linked terms and conditions apply:

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

The linked liability waiver also applies:

- <https://eventfrog.ch/api/rm/NYY88N466NR2T4P/breathwork-liability-waiver-2025-KJIDL5U.pdf?ts=1749128253614>

What is the goal of practicing 'Conscious Connected' Breathwork:

- Connection to the present moment
- Stress regulation
- Access to inner silence
- Expansion of consciousness
- Serenity, balance, and happiness
- Self-empowerment: strengthening self-confidence
- Accessing and releasing blockages
- Emotional transformation and release

Please feel free to contact me for further questions at hallo@melindacange.com

I'm looking forward to meeting you soon,

Melinda

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