



be with breath...

breathwork info & release waiver

Lori Anne Kamer



Honouring the Land & Territories of all of Turtle Island

I reside in what is known today as the Halton region; traditional territory of the Mississauga of the Credit First Nation, Haudenosaunee, Anishinabek, Huron-Wendat & Attawandaron. these lands surrounding the great lakes are steeped in indigenous history and as a settler I acknowledge the necessity of learning the true history & recognizing the need for reparations. in honour and respect for indigenous people, past, present & future, and this place I call home, I am committed to a path of change & reconciliation.

Please be advised & read carefully...

CAUTION to be considered:

Engaging in Breath Practices alters the internal chemistry, affects the nervous system & has impacts physiologically, physically, mentally & emotionally. Much of these can be beneficial when practiced appropriately however one is to always proceed with caution because there is also potential risk among breathing strategies. Especially in regard to practices that involve hyperventilation & hypoventilation.

All of the information provided throughout manuals & within the instruction material (videos, sessions & the like) are theoretical & **not intended to be taken as an authority on medical advice**. Therefore **they are not a substitute for medical care**. Clients are advised to always seek advice from their medical professionals before engaging in these practices.



Risks of involvement: Breathwork & Pranayama traditions come with contraindications and risk associated. Participants must but of sound mind and understand the risks involved in participating. Some potential risks include discomfort during and or after sessions; which may include but are not limited to numbness/tingling, dizziness or fainting, significant emotional reactions or distress such as temporarily induced anxiety/depression, crying/sadness/rage/pure joy, headaches, lethargy, feeling of floating, abdominal upset/nausea, increased volume & frequency of elimination, etc. These are all thought to be normal responses of the body to the techniques guided within sessions.

During your practice you are in charge of using your judgment of what is best for you and your health. You are free to modify or refrain from any practice at any time. **Please note that you are responsible for your own health & well-being and the risks associated with these practices.** You must use your own discretion when it comes to participation in them. ***Many of the practices included have sacredly been passed down through the ages from teacher to student; please handle this information with care and honour the traditions.**

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Preparing For Your Practice & What To Expect...

click to watch

Quick Summary of Prep: The practice is done lying down in a safe space; preferably on comfortable mat on the ground (you may practice on your bed but the more cozy you are the more likely you will fall asleep & there is risk you could fall off if you are an active breather). Place a pillow under the knees for optimal comfort. It is advised to only use a thin pillow under your head. It is most ideal to dress in layers in comfortable clothing; being advised that temperature can fluctuate so it is also handy to have a blanket to keep warm if needed. It is preferential to have water and possible balm near by as the practice can induce dryness. You may consider having a notebook & pen in case inspiration strikes.

Quick Summary of What to Expect:

Please be advised that there are many things that can arise while engaging in practices with breath. To briefly summarize, breathwork can vary from session to session and it is best to actually enter sessions without expectations yet understanding whatever does occur is part of a 'normal' experience. You may have sensations/awarenesses on all levels that come up; tingling, numbness, pain, floating feeling, dizziness, nausea, claustrophobia, anxiety, panic, fear, ecstasy, joy, sadness, anger, bliss, metaphysical, psychedelic, out of this world, out of body, extreme emotion, crying, laughing, shaking, moving, clarity, confusion, etc.

A common experience is for tension to arise in the body and create something called tetany (which shows up as a freezing most often of the fingers/hands/forearms). This is VERY NORMAL and will settle when breathing returns to baseline and the body settles down. Another very common experience is to have profound emotional reactions that can show up as sadness, anger, joy etc.. This is also quite normal and the benefit is that most people report having new understanding around themselves afterward. If you are still feeling any intense emotion following into the days after breathing; please reach out to myself or a care giver.

*the most important thing to remember is that it is your ride, you can get off at any time by returning to your regular nose breathing (if its too difficult to breath through you nose, breathing slowly and calmly).

Breathing technique...

click to watch

Quick Summary: The breath technique will all be done while BREATHING through your MOUTH. It is BEST to watch this video to be able to visualize the breathing technique and understand what will be happening in your practice as sessions often don't allow time for detailed instruction. The practice is predominately using a technique that is referred to as conscious connected circular breathing. The main technique is called the double helix; one inhale first into the upper abdomen, then continuing with a second inhale into the chest through the mouth and then releasing the out breath with as little effort as possible through the mouth. 2 breaths in, out breath out.

There will be variations around this style of breath including breath holds, breathing faster or slower, along with making sounds through our mouths.

The breath practice will conclude with a mother wave breath which is just one slow steady breath in and one slow steady breath out through the mouth like a wave.

Please consult with your physician before doing any breathwork if you have concern and refer to the cautions before participating.

Practices with breath are a time honoured tradition that have become popular in Western society for the increasingly recognized health benefits. Not only are they able to help reduce stress through the influence on the nervous system and the ability to engage a relaxation response. But further conscious breathing has the potential to free us from ruminating thought patterns and help to remind us that we have everything we need inside to self empower by way of harnessing more love and compassion.

In this particular breath based experience we engage in different patterns of breathing and movement through a guided structure that can turn us inward to connect to with ourselves on a deeper level.

The practice will be predominantly in a reclined position therefore for the most comfortable experience pillows are recommended along with a blanket in case of temperature fluctuation.

CONTRAINDICATIONS: Since these breath practices are ACTIVE and HIGHLY STIMULATING, it is not ideal if there are any *recent surgeries, history of aneurisms, glaucoma or major cardiovascular problems*. CAUTION is to be taken if pregnant (can practice gently with NO breath holds), history of significant mental illness (Mania, Psychosis, Schizophrenia) or history of epilepsy, asthma and high or abnormal blood pressure. AND FINALLY...the practice can have emotional impacts that may require additional supports; if needed please connect with your care givers or reach out to myself for further information.

The practice begins with gentle movements in an effort to encourage expansiveness of the breath while at the same time allowing more bodily consciousness as it helps the process of getting out of incessant mental activity in hope of achieving a state of pure present awareness. When we can get quiet enough to simply bask in the wonders of being human while we marvel at the miraculous nature of how breath moves in our particular bodies.

The majority of the practice will be done while lying fully supported on the back to get comfortable enough to explore the intricacies of intentional breathing through various combinations of an open mouthed style of breath. This mostly consists of a 3 part diaphragmatic breath in conjunction with specifically timed breath holding in order to promote optimal oxygen uptake. **Each participant will be guided through their own personal journey that could range from questioning the process the entire time from a more analytical lens or to a wonderful dissociative bliss on the opposite end of the spectrum. One experience is not greater than another as it is all part of a continuum of learning one's deeper connections to self. It is encouraged to just be with the experience however it shows as it can come with big waves of emotion or it can be more subtle in nature. All are valid and do not need to be understood.*

The practice itself will be an hour in its entirety, concluding with a short visual meditation, self acknowledgments and gentle closing movements. Questions or comments are welcome afterward. **Please be aware that you could be tired & spacey afterward or full of energy. Please allow some time and space to re-acclimate before engaging in activities that require full attention.*

CAUTION TO BE CONSIDERED (PLEASE READ CAREFULLY IN FULL)

Engaging in Breath Practices alters the internal chemistry, affects the nervous system & has impacts physiologically, physically, mentally & emotionally. Much of these can be beneficial when practiced appropriately however one is to always proceed with caution because there is also potential risk among breathing strategies. Especially in regards to practices that involve hyperventilation & hypoventilation.

****There are certain conditions that are contraindicated for breathing practices. If you have any of the following conditions please heed the extra cautions and consult with your physician before participating.***

- ☐ **Heart Conditions & Respiratory Ailments** have risks associated, please proceed with caution.
- ☐ **Glaucoma** has significant risks, it is not advisable to do practices of breathwork.
- ☐ If currently **Pregnant** please **practice slow & gentle** with absolutely **no breath holds**.
- ☐ Breath practices can trigger **Epilepsy**, breath holds & vigorous practices should be proceeded with caution.
- ☐ Practices of controlled breathing can be beneficial with **Asthma** but should be proceeded with caution while having an inhaler present during any practice.
- ☐ If there is **Significant Mental illness** (*ie. mania, psychosis, schizophrenia*) it is not advised to do any practice without one on one support.
- ☐ If there are Mental Health concerns such as **Anxiety, Depression, recent or history of Trauma**; breath can be an incredible tool but it can also be triggering *It is advised to only do these practices with an adequate support team that can be there if required.
- ☐ If **Physically Unable** by any means or having had **recent Injury or Surgery** is it advised to consider your current circumstances while always proceeding with caution and beginning gently when able.

PLEASE BE ADVISED...

- ☐ All of the information provided during sessions and within the instruction material (videos, manuals & the like) are all theoretical and not intended to be taken as an authority on medical advice. Therefore they are not a substitute for medical care. Clients are advised to always seek advice from their medical professionals before engaging in breathwork & pranayama.
- ☐ The purpose of these sessions included but is not limited to; exercise the breathing apparatus to encourage greater overall breath functionality, to deepen awareness on a subconscious level and to provide tools for continued health and wellness.
- ☐ The sessions will include participation in breath specific practices but could also include any numbers of practices to connect to the physical, mental and emotional body such as movement, journal exercises, meditation, oral communication/sharing (not mandatory), self reflection, etc.
- ☐ Risks of involvement: Breathwork and Pranayama traditions come with contraindications and risk associated. Participants must be of sound mind and understand the risks involved in participating. Some potential risks include discomfort during and or after sessions; which may include but are not limited to numbness/tingling, dizziness or fainting, significant emotional reactions or distress such as temporarily induced anxiety/depression, crying/sadness/rage/pure joy, headaches, lethargy, feeling of floating, abdominal upset/nausea, increased volume & frequency of elimination, etc. These are all thought to be a normal response of the body to the techniques guided within sessions.
- ☐ Please follow any directions provided by your facilitator very carefully, disclose of any medical concerns and engage in open communication with any questions/concerns/comments. Please notify the facilitator if you have any adverse effect from sessions in order to work through whatever may have arisen with care.

- ☐ Please notify your practitioner if you are pregnant, or if you might be pregnant, have a heart condition, glaucoma, epilepsy, asthma, significant mental illness, recent surgery or trauma.
- ☐ During the participation in breath techniques and its associated practices. You are in charge of using your judgement of what is best for you and your health. You are free to modify or refrain from practice at any time.
- ☐ It is required that you acknowledge that your participation indicates that you have read and understand the information and that you will ask Lori Anne Kamer if you have any questions. Further that you release Lori Anne Kamer and the company Be With Love from any and all liability that may occur in connection with the sessions both in the direction with Lori Anne Kamer, and any further self-directed home practices.
- ☐ It is required that you understand that you are responsible for my own health & well being and the risks associated with breathing practices. You must use my own discretion when it comes to participating in these practices.
- ☐ Be With love and all of its professionals relinquish all responsibility from participants/ third parties teaching any of these practices without the expressed written consent from Be With Love and its professionals
- ☐ Be With love and all of its professionals relinquish all responsibility of any sharing of teachings disclose through Be With Love and its professionals and thus you are liable for whatever is shared.

BEFORE PARTICIPATING you **MUST** have **CAREFULLY READ** the **INFORMATION PROVIDED** and **AGREE** to the **TERMS OUTLINED, UNDERSTANDING** that **YOUR PARTICIPATION** in **ONLINE** or **RECORDED SESSIONS** is a **FULL** and **FINAL RELEASE** of **ALL COSTS, CLAIMS, CAUSES** of **ACTION** and/or **DAMAGES** of **ANY KIND** arising from or **in CONNECTION** with **Be With Love/Be With Breath** services

**In other words, by participating in breath & movement practices provided by Be With Love and its staff (namely Lori Anne Kamer) you are consenting to the terms bulleted above.*

