

CHECK WITH YOUR MEDICAL PROFESSIONAL FIRST

The movement, breathwork, and meditation practices in this program are offered for educational purposes only and are not a substitute for professional medical advice, diagnosis, or treatment.

Before beginning, please consult your physician or qualified health professional, especially if you are pregnant, or have any existing medical, respiratory, cardiovascular, neurological, or mental-health conditions.

Participation is voluntary and entirely at your own risk. Physical and breath-based practices can involve inherent risks and may occasionally bring up physical discomfort, emotional release, or altered states of awareness. Listen to your body, move and breathe within your own limits. Stop immediately and consult your healthcare professional if you experience pain, dizziness, shortness of breath, or distress.

By choosing to take part, you acknowledge and accept these risks. To the fullest extent permitted by law, neither the instructor nor any affiliated party is liable for injury, loss, or damages arising from your participation.

THE BAREFOOT SALT GYPSY

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