



Dance Alchemy® + Breathwork Participation Agreement & Disclosure

**Become Breathwork® | Aimee Smith, Trauma-Informed Breathwork
Facilitator + Dance Alchemy® Guide**

Overview + Intention

Dance Alchemy® and breathwork are somatic practices that use movement, music, breath, and body awareness to support emotional expression, connection, and well-being. These practices are not substitutes for medical or psychological treatment.

Participation may involve physical movement and may evoke emotions, memories, physical sensations, or other experiences. **You are always in charge of your body, your breath, your movement, and your experience.** You are encouraged to modify, pause, rest, or stop at any time.

Health + Safety

Please consult your doctor or appropriate healthcare provider before participating if you have a medical or mental health condition that could be affected by physical movement or breathwork, including:

- Cardiovascular or respiratory conditions
- High or significantly low blood pressure
- Seizure disorders
- Osteoporosis or significant musculoskeletal conditions
- Glaucoma or retinal detachment

- Severe asthma or significant lung disease
- A history of fainting or significant dizziness
- Recent surgery or injury
- Pregnancy, particularly a high-risk pregnancy
- A history of panic attacks
- A significant mental health condition that could be affected by somatic or breath-based practices

If you are pregnant, recovering from surgery or injury, or have another condition that may affect your participation, please let Aimee know before the session so appropriate modifications can be discussed.

Your Responsibility

By participating, you acknowledge that:

- You are responsible for determining whether you are physically and emotionally able to participate.
- You will listen to your body and honor your own limits.
- You understand that movement and breathwork may bring up physical sensations or emotional content.
- You will move and breathe at your own pace and modify, pause, rest, or stop whenever needed.
- Participation is voluntary, and you are never required to perform a particular movement, breathing pattern, or exercise.
- You take responsibility for your well-being during and after the experience.

Medical + Therapeutic Boundaries

Aimee Smith is not a licensed medical or mental health provider. Dance Alchemy®, breathwork, somatic practices, and other experiences offered through Become Breathwork® are educational and experiential wellness practices and are not substitutes for medical care, psychotherapy, counseling, diagnosis, or treatment.

Participation Guidelines

- Wear comfortable clothing that allows you to move freely.
- Move within your own comfortable range of motion.

- Do not continue any movement or breathing practice that causes pain, significant dizziness, instability, or distress.
- Avoid a large meal immediately before the session.
- Stay hydrated.
- Rest, modify, or observe whenever you choose.
- If you feel physically or emotionally unsafe at any point, stop participating and let Aimee know.

Assumption of Risk + Liability Waiver

You understand that participation in Dance Alchemy®, physical movement, breathwork, and related somatic practices involves inherent risks, which may include physical injury, dizziness, emotional discomfort, or other physical or psychological effects.

By voluntarily choosing to participate, you knowingly assume the risks associated with your participation, both known and unknown, and agree to release and hold harmless Aimee Smith and Become Breathwork® from claims for injury, loss, or damages arising from your participation, **to the extent permitted by applicable law.**

Consent + Acknowledgment

By registering for and/or participating in a Become Breathwork® event, you acknowledge that you have read and understood this Participation Agreement & Disclosure, have had the opportunity to ask questions, and voluntarily agree to participate under these terms.

If you have questions or concerns about whether an experience is appropriate for you, please contact:

aimee@becomebreathwork.com

Thank you for honoring yourself, your body, and this work.

Aimee Smith

Founder, Become Breathwork®

www.becomebreathwork.com