

CAYLA CRIPPS Breathwork Coach & Facilitator



All group classes (in-person and virtual) are \$20 or pay what you can

*directions and parking map at the bottom of this doc.

What to expect in a group breathwork session (virtually and in-person):

- I'll be explaining the breathwork technique and guiding you through the practice from start to finish.
 - The technique I use for most classes is conscious connected breathing or "circular" breathing, and is highly effective for releasing stuck tension and energy in the body, processing emotions, and physical and emotional healing.
- The classes are one hour long, with active breathing only being about 25-28 minutes.
 - **Please arrive 5-10 minutes early to the start of class, even if you are joining virtually**
 - After the end of the breathwork, there is time for meditation, journaling, sharing your experience or thoughts, and asking any questions.
- This work is deeply experiential and may involve emotional or energetic release, along with some physical sensations as well.
 - *These are NORMAL experiences in Breathwork. Please see contraindications to determine if you're a good fit for this practice.*

What to bring/how to prepare for the class:

- Make sure not to eat or drink anything 45-60 minutes before starting a breathwork session. It's much harder to breathe in this way on a full stomach.
- Bring a blanket, yoga mat, eye mask and journal to the class, if you have them. I'll be playing the music for the whole group through a speaker. We do have some yoga mats and blankets, but supply is limited.
- If you are doing a virtual class, ensure your space is set up for comfort with NO distractions. Make sure pets, children, etc. are out of the room. Make this time for YOU! :)
- Headphones are recommended for virtual class so that the audio is clear
- Please see attached address and parking info attached to this doc for in-person classes
- Come with an open mind, curiosity and compassion for yourself

Contraindications:

Circular Breathwork is a system of guided actions which can result in physical and emotional release. This Breathwork technique is a transformational and activating process. It is a simple, safe,

and extremely effective process for experiencing breakthroughs and optimal wellness in your life.
However, persons with a history of the below contraindications should consult their healthcare provider before participating in this work:

- Cardiovascular Disease, including Angina or Heart Attack
- High Blood Pressure
- Glaucoma or Retinal Detachment
- Significant recent physical injuries and/or surgery
- Bipolar Disorder, Psychosis, or Schizophrenia
- Seizure Disorders
- Aneurysms
- Pregnant women
- Asthma (if you have asthma, you should bring your inhaler and/or consult with your PCP first).
 - Persons using major medications, or persons who are under the influence of legal or illegal drugs to the extent that their capacity is impaired, should not do breathwork.

If you have any additional questions before signing up, don't hesitate to reach out. 😊

Address: 100 Taylor St. Suite A-12, Nashville TN

*you can park in the spaces for Bearded Iris and enter through the door on their patio. Parking is free.

I would suggest mapping the Bearded Iris Brewing for most accurate directions to this lot:

101 Van Buren St.

