Inhalō

Safety and Contraindications

Certain health conditions may make participation unsafe. These are called contraindications and are in place to protect your wellbeing, as this practice can create strong physical, emotional, and psychological responses. Please read the information carefully before attending.

Contraindications

You are **not permitted to participate** if you have any of the following conditions:

Neurological & Cardiovascular

- Epilepsy or seizure disorders
- Stroke (CVA) or TIA
- Detached retina or glaucoma
- Uncontrolled high blood pressure
- Serious heart conditions (including arrhythmia, heart failure, heart attack history)
- Aneurysm (personal or family history)
- Blood thinners or implanted devices (e.g. pacemaker)

Mental Health

- Severe psychiatric conditions (e.g. psychosis, bipolar disorder, schizophrenia, dissociation)
- Severe anxiety or PTSD without support
- Recent psychiatric hospitalisation (last 10 years)
- Current substance withdrawal
- Low impulse control

Chronic & Other Conditions

- Severe respiratory disease (e.g. COPD)
- Unstable diabetes (Type 1)
- Severe autoimmune or chronic conditions (e.g. MS, lupus, rheumatoid arthritis, fibromyalgia)
- Cancer (active or advanced stages unless medically cleared)
- Terminal illness or severe decompensation
- Severe fatigue conditions (e.g. CFS/ME)

Acute & Physical Conditions

- Current illness or infection

- Osteoporosis or unhealed injuries
- Severe chronic pain affecting movement
- Major surgery in the last 6 months

Other Restrictions

- Pregnancy: not permitted
- No alcohol or drugs within 24 hours prior
- No extended fasting (over 24 hours)
- Asthma allowed only with inhaler present
- You must disclose any relevant medical conditions before participation

Important Note

If you are unsure whether you are suitable, consult a medical professional before attending.