

# SACRED OAK ENERGY HEALING

Certified Revelation Breathwork® Facilitator

## PLEASE READ IMPORTANT NOTES BEFORE SIGNING:

Because this is a virtual offering, it will differ slightly than an in-person session. Therefore, if you are new to Breathwork with Certified Revelation Breathwork® Facilitator Sacred Oak Energy Healing/Victoria Sainsbury-Carter PLEASE make note of these 3 important things:

1. Please make sure you WATCH THE VIDEO BELOW BEFORE CLASS/ SESSION. It will give you an example of the breathing technique and I will further explain this simple 2-stage pranayama breath technique in which the breather inhales and exhales through the mouth while lying down. We will go over this and I will guide you through your experience.
2. If you are new to this type of breathwork, I strongly encourage you to take your first few classes/sessions easy. There's no winning in breathwork, and breathing hard and fast is not necessarily better or deeper. If you're not a runner, you wouldn't run a marathon tomorrow without training. Breathwork with Sacred Oak Energy Healing is similar. Start slow, and get to know your breath and your body.
3. Please take note of the contraindications of breathwork noted below within this **Participation Waiver & Liability Release**, where your signature is required. As a precaution, if you experience any of these contraindications, please consult your healthcare provider before you participate in this work. You can also email/ call me with any questions.

**WATCH TUTORIAL VIDEO (9 minutes):** [https://www.youtube.com/watch?v=O4BLyPf-e8g&feature=youtu.be&has\\_verified=1](https://www.youtube.com/watch?v=O4BLyPf-e8g&feature=youtu.be&has_verified=1)

Some suggestions to make the most of this virtual experience:

- We will be playing the audio through the Zoom app. You can access zoom via a laptop/computer or your phone (make sure you have the Zoom app).
- Sound is important, so if you have a way to connect your laptop to a better speaker, that will sound better for you. Or you can use headphones and connect them to the computer or your phone.
- Put your phone on airplane or Do Not Disturb mode if you can.
- Set aside a space where you won't be disturbed or interrupted (as best you can).
- Inform anyone in your space that they may hear you letting out a big scream/ yell! Maybe have a pillow or towel close by that you can scream into to muffle the sound.
- Choose a place that is comfortable for you to lay down on. A yoga mat or your bed. Do not have a big pillow under your neck if it's constricting your airflow in any way.
- Try not to eat a big meal more than 45 minutes before class.

## Participation Waiver & Liability Release

Terms and Conditions – Certified Revelation Breathwork® Facilitator Sacred Oak Energy Healing/Victoria Sainsbury-Carter

**Overview:** Revelation Breathwork® (“the Activity”) with Certified Facilitator Sacred Oak Energy Healing is a system of guided actions which can result in intense physical and emotional release. Breathwork with Sacred Oak Energy Healing is a transformational process that combines an ancient two-step breathing technique with contemporary, upbeat, positive music to create an incredible physical and spiritual experience. It is a simple, safe, and extremely effective process for experiencing breakthroughs and optimal wellness in your life. Breathwork with Sacred Oak Energy Healing is an active breathing process that differs from most traditional meditation and mindfulness practices. Most people report it is unlike anything they’ve ever experienced before.

This work is deeply experiential and may involve intense physical, energetic, and emotional release. Therefore, persons with a history of the below contraindications should consult their healthcare provider before participating in this work. You can also email/ call me with any questions.

**Important Contraindications:** Revelation Breathwork® (“the Activity”) with Sacred Oak Energy Healing is not advised for persons with a history of Cardiovascular Disease, including Angina or Heart Attack, High Blood Pressure, Glaucoma, Retinal Detachment, Osteoporosis, significant recent physical injuries, and/or surgery should not participate in the Activity. Persons with a history of severe Mental Illness, Bipolar Disorder or Psychosis, Seizure Disorders, or for persons using major medications, or persons who are under the influence of legal or illegal drugs to the extent that their capacity is impaired. It is also unsuitable for anyone with a personal or family history of Aneurysms. Pregnant women are advised against practicing Breathwork with Sacred Oak Energy Healing without first consulting and getting approval from their primary care physician. Persons with Asthma should bring their inhaler and consult with their primary care physician and your Certified Revelation Breathwork® facilitator Sacred Oak Energy Healing. Persons with infectious or communicable diseases such as Coronavirus or Flu-Like Symptoms are asked to avoid attending a live in-person class due to the nature of group breathing. Breathwork with Sacred Oak Energy Healing is not therapy and does not substitute for psychotherapy.

This content is accurate and true to the best of Sacred Oak Energy Healing knowledge and is not meant to substitute for formal and individualized advice from a qualified medical or therapeutic professional. Sacred Oak Energy Healing offers no professional legal, medical, psychological, or financial advice.

### WARRANTY AND CERTIFICATION

PARTICIPANT CERTIFIES THAT HE/SHE/THEY IS PHYSICALLY, EMOTIONALLY, AND MEDICALLY CAPABLE OF PARTICIPATING IN THE ACTIVITY AND SPECIFICALLY ASSUMES ALL RISKS ATTENDANT TO THE ACTIVITY.

PARTICIPANT ACKNOWLEDGES THAT HE/SHE/THEY IS VOLUNTARILY PARTICIPATING IN THE AFOREMENTIONED ACTIVITY AND PARTICIPANT IS PARTICIPATING IN THE ACTIVITY ENTIRELY AT HIS/HER/THEIR OWN RISK. PARTICIPANT IS AWARE OF THE RISKS ASSOCIATED WITH TRAVELING TO AND FROM AS WELL AS PARTICIPATING IN THIS ACTIVITY, WHICH MAY INCLUDE, BUT ARE NOT LIMITED TO, PHYSICAL OR PSYCHOLOGICAL INJURY, PAIN, SUFFERING, ILLNESS, DISFIGUREMENT, TEMPORARY OR PERMANENT DISABILITY (INCLUDING PARALYSIS), ECONOMIC OR EMOTIONAL LOSS, AND DEATH. PARTICIPANT UNDERSTANDS THAT THESE INJURIES OR OUTCOMES MAY ARISE FROM PARTICIPANT'S OWN OR OTHERS' NEGLIGENCE, CONDITIONS RELATED TO TRAVEL, OR THE CONDITION OF THE ACTIVITY LOCATION(S). NONETHELESS, PARTICIPANT ASSUMES ALL RELATED RISKS, BOTH KNOWN OR UNKNOWN TO PARTICIPANT, DUE TO HIS/HER PARTICIPATION IN THIS ACTIVITY.

Participant acknowledges that this Activity may involve a test of a person's physical and mental limits and may carry with it the potential for death, serious injury, and property loss. The risks may include, but are not limited to, those caused by terrain, facilities, temperature, weather, lack of hydration, condition of participant, equipment, vehicular traffic and actions of others, including but not limited to, participants, volunteers, spectators, facilitators, and producers of the event.

## WAIVER & RELEASE

In consideration of the risk of injury while participating in the Activity, and as consideration for the right to participate in the Activity, the Participant hereby, for the Participant, his/her/their heirs, executors, administrators, assigns, or personal representatives, knowingly and voluntarily enters into this waiver and release of liability and hereby waives any and all rights, claims, or causes of action of any kind whatsoever arising out of his/her/their participation in the Activity against Certified Revelation Breathwork® Facilitator Sacred Oak Energy Healing/ Victoria Sainsbury-Carter (herein referred to as the "Company" "we," or "us"). Participant acknowledges that he/she/they has read and understood this Waiver and Release, its contents and impacts and accepts these Terms and Conditions. Further, the Participant hereby releases and forever discharges the Company, and all affiliates, managers, agents, staff, volunteers, heirs, representatives, predecessors, successors and assigns, for any physical or psychological injury, including but not limited to illness, paralysis, death, damages, economical or emotional loss that the Participant may suffer as a result of participation in the aforementioned Activity, including any claims arising from Participant performing the breathing technique learned or taught in class on your own at home. Participant also waives any claims that may arise from traveling to and from an event related to this Activity. Participant accepts and agrees to this Waiver and Release willingly and freely.

To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence on the part of the Company, and all affiliates, managers, agents, staff, facilitators, volunteers, heirs, representatives, predecessors, successors and assigns.

In the event that Participant should require medical care or treatment, Participant agrees to be financially responsible for any costs incurred as a result of such treatment. Participant is aware and understands that Participant should carry his/her/their own health insurance. In the event that any damage to equipment or facilities occurs as a result of Participant's willful actions, neglect or recklessness, Participant acknowledges and agrees to be held liable for any and all costs associated with such action.

Participant, affirms that he/she/they is of the age of 18 years or older, and that Participant is competent to agree to these Terms and Conditions. Participant certifies that he/she/they has read these Terms and Conditions, that Participant fully understands their content and that these Terms and Conditions cannot be modified orally.

By signing here, I verify that I have read, understood, and agree to these terms and conditions.

Signature X \_\_\_\_\_ Date \_\_\_\_\_

Print Name X \_\_\_\_\_

Please sign and email to: [victoria@sacredoakhealing.com](mailto:victoria@sacredoakhealing.com) prior to your initial session/class.