

Participation requirements

for the breathwork workshops with Martina

Breathwork

The practice of conscious breathing takes you directly to your inner self.

Martina has learned from her many years of experience as a breathwork facilitator that her participants get more out of her workshops & retreats when they come with their own intentions and know why they are here.

The following questions are only intended for you. The more precise the answers are, the easier it is for your subconscious to work on them. You don't need to share them with anyone else.

Ask yourself

1. What limits you in your life that you would like to let go of? (one thing)
2. What would you like to invite more in your life? (one thing)

Recommendations

Martina recommends that you only eat light food on this day, avoid caffeinated drinks and not eat anything for at least 2 hours before the breathing workshop. Breathing is much easier with an empty stomach and intestines, and the body and mind can direct their full power and presence to the breath. It is also best not to plan large events or appointments immediately afterwards. Take time for yourself!

Please come in comfortable clothing or bring them with you.

Since we will mainly practice this breathing technique lying down, feel free to bring your favourite pillow to support you. Yoga mats, Yoga bolster and blankets are provided.

If you currently or in the past suffer from one of the following illnesses or symptoms, please clarify this with Martina and email her at martina@husma-retreats.com.

- Heart problems/pacemaker
- High blood pressure
- Stroke

- History of aneurysms in the immediate family
- Epilepsy
- Surgery
- Injuries of any kind
- Current chronic infections
- Glaucoma
- Detached retina
- Osteoporosis
- Asthma
- Heavy medication
- Severe psychiatric symptoms/illness
- Pregnancy (current)
- If you have other medically diagnosed illnesses or concerns, please inform Martina.

The booked breathing workshop is not therapy in the medical sense.

The seminar requires normal physical and mental resilience. I release the organizer and his helpers from any liability, except in cases of intent and gross negligence.

I am responsible for myself before, during, and after the seminar. By registering, I confirm that I feel mentally and physically healthy and can take part in it.

We look forward to seeing you.

Best wishes

Martina & the Fuß über Kopf Yoga Studio