

Workshop Liability Waiver

I hereby agree to the following:

1. I am participating in a form of exercise whereby I may experience physical exertion, which may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a doctor prior to and regarding my participation in this workshop and that I have no medical condition that would prevent my participation in this activity.
3. I agree to assume full responsibility for any risks, injuries or damages, known and unknown, which I might incur as a result of participating in this workshop.
4. I knowingly, voluntarily, and expressly waive any claim I may have against the instructor, the owner, or the leaseholder of the building for injuries or damages that I may sustain as a result of participating in this workshop with Chloe Newman Yoga or other facilitator.

Consumption of Cacao

- 1. CACAO DETOX. Cacao can stimulant detox symptoms in some cases. If this happens, take it as a blessing and drink plenty of water as your body lets go of whatever it no longer needs. This experience may also be felt during/after the workshop that follows your cacao intake. *

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- 2. ANTI-DEPRESSANTS. Cacao is a natural anti-depressant, and certain anti-depressants such as MAOI (monoamine oxidase inhibitor) based and SSRI (selective serotonin re-uptake inhibitors) type anti-depressants may have contraindications with cacao. Side effects could include headache and nausea. SSRI based anti-depressants help our cells receive serotonin. Cacao has the same effect, so for individuals already on SSRI anti-depressants, drinking a ceremonial dose of cacao can overload the receptors with serotonin, causing headaches. If this occurs, drink plenty of water and rest until symptoms pass. The research about this interaction is minimal, but so far studies have shown the amount of tryptophan in the cacao causing 'serotonin syndrome' does not indicate any problems. However, to be on the safe side, for those on SSRI's and MAOI's, we suggest consulting with your doctor and/or pharmacist regarding higher doses of cacao and to consider starting with lower doses.*

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- 3. Cacao has multiple mood-elevating compounds so any other medications that work in the serotonin & dopamine pathways in the brain are also contraindicated making a consult with you doctor and/or pharmacist important BEFORE participating in ceremonial doses.*

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- 4. HEART CONDITIONS/BLOOD PRESSURE. The theobromine in cacao simultaneously increases the heart rate and relaxes blood vessels (vasodilator), lowering blood pressure and increasing blood circulation by 30% - 40%. If you have a condition that may be adversely affected by this, please consult your primary health care provider and with their medical permission, go lighter on amounts consumed.*

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- 5. OTHER health contraindications shared through Ora Cacao (our source for the cacao used in our ceremony sessions and sound bath events) may include: A) aggravation of acid reflux or ulcers, B) may cause breaking out when an individual has herpes. *

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- 6. PREGNANCY. If you are pregnant, do not start cacao if you don't already consume it as a regular practice. If you've already established a regular cacao practice prior to your pregnancy, consider ¼ to ½ of what you normally intake. Cacao is safe while breastfeeding, as long as your baby likes it.*

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- With cacao, a 1-ounce dose isn't more beneficial than a ½-ounce dose. More does not mean a "better" or "deeper" experience. Nor do you really build up a tolerance. The body and mind may feel the effects of cacao from just one sip. Being in the room filled with cacao energy can be powerful experience.
- Any information about yourself that you feel would be helpful for me to know?

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****PLEASE READ CAREFULLY****

I have read and understood the contraindications with cacao. I understand that I alone am responsible for informing my primary health care provider I am receiving cacao with this workshop and inquiring as to whether or not they may adversely affect my current health condition. I have discussed any cacao health questions or concerns with my primary health

care provider and so I understand that I am wholly and entirely responsible for determining if/how much cacao I consume of the (up to 2 oz.) cacao dosage offered during the cacao ceremony and workshop. I will update my cacao facilitator/VST practitioner of any changes to my health status. I understand that cacao facilitators do not diagnose illness, disease, or physical or mental disorders, nor do they prescribe medical treatments or pharmaceuticals.

Sound therapy experience

Sound therapy can be very powerful & affect our bodies on a cellular level. Often people report feeling relaxed & a sense of physical & mental healing. However, there are times when Gong baths may not be suitable. These include:

- Acute/Serious Mental illness or Addiction. It's safer to consider a 121 session so a safe space can be held for the individual outside of a group.
- Metal implants. Including pacemakers.
- Tinnitus. For some it can aggravate the condition & for others it can alleviate.
- Pregnancy.
- Epilepsy. 121 only to be considered.

I hereby agree that:

- I am fully aware of the potential risks highlighted above.
- I understand that it is my responsibility to consult with a doctor prior to and regarding my participation in this workshop and that I have no medical condition that would prevent my participation.

****PLEASE READ CAREFULLY****

I have read and understood the contraindications with sound therapy. I understand that I alone am responsible for informing my primary health care provider I am receiving sound healing therapy in this workshop and inquiring as to whether or not it may adversely affect my current health condition. I have discussed any sound therapy health questions or concerns with my primary health care provider and so I understand that I am wholly and entirely responsible for determining if I should participate in this workshop. I will update the

workshop practitioner of any changes to my health status. I understand that sound therapy facilitators do not diagnose illness, disease, or physical or mental disorders, nor do they prescribe medical treatments or pharmaceuticals.

*I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

I agree to let Chloe Newman know my medical conditions and/or injuries prior to attending classes or workshops*

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