

Possible Contra-indications re: Sound Healing Sessions given by Irene: Waiver and Release

Sound healing is a very low-risk therapy. It is extremely rare for anyone to have an adverse reaction to Sound Healing or Sound Therapy. However, as a precaution, it is **NOT** recommended that you take part in a Floating Sound bath session in the following situations:

- 1) When you are knowingly in the first 3 months of pregnancy
- 2) If you have epilepsy, experience seizures or recent episodes
- 3) If you have UNMANAGED mental health issues, including, but not limited to: bi-polar, schizophrenia, PTSD, complex trauma, borderline personality disorder, or harmful thoughts towards yourself or others (General stress, anxiety, depression are OK).
- 4) If you are intoxicated, or under the influence of alcohol or recreational drugs.

In the following cases you may wish to speak with Irene before attending the event:

- 5) If you have metal plates or implants in your body. If you have had recent surgery, broken bones or other major physical injuries
- 6) If you have a pacemaker fitted or have a serious heart condition.
- 7) If you suffer from (or previously suffered from) tinnitus, or other conditions that could be triggered by sound
- 8) If you suffer with any back issues that may be affected by lying on a float for a significant period of time?
- 9) If you suffer with vertigo or other balance issues
- 10) If you have any open wounds or skin infections that could be affected by the water?
- 11) If you have a fear of water?
- 12) If you have any mobility issues?
- 13) If you have any health conditions to declare? Please contact with Irene
- 14) Please tick this box if you have no health conditions to declare ☐

You may want to request a note from your GP, medical consultant or other healthcare professional if you have concerns regarding any of the of the above before attending a sound session

Please drink plenty of water, and check you are **focussed** and **grounded** enough if you are driving home afterwards.

 Please send a mobile phone number and emergency contact once booked

Attendee: I have read the above and assume full responsibility for my health having taken account of the warnings above

Read above/ signed _____

Dated: _____