

REFLECT AND REFINE – BREATHWORK & REIKI LIABILITY WAIVER AND RELEASE

Facilitator: Robyn Vasquez-Gutierrez, Reflect and Refine

I, the undersigned participant, acknowledge that I am voluntarily participating in a Breathwork and/or Reiki session facilitated by Robyn V. Gutierrez. I understand that these are generally safe wellness practices that support emotional, physical, and mental well-being. However, as with any wellness practice, there are important precautions to consider.

This waiver outlines those precautions and ensures that I understand the potential effects of Breathwork and Reiki, take personal responsibility for my participation, and release the facilitator from liability.

1. Voluntary Participation & Personal Responsibility

I acknowledge that my participation is entirely voluntary, and I take full responsibility for my well-being. I may modify or stop the practice at any time.

2. Health & Medical Disclaimer

I confirm that I am in good health and have consulted a medical professional if needed. If I have any of the following conditions, I must obtain medical clearance before participating:

- Heart disease, high blood pressure, aneurysms
- Glaucoma, retinal detachment, osteoporosis
- Recent injuries, surgeries, or conditions requiring medication
- History of panic attacks, psychosis, seizures, or severe mental illness
- Frequent dizziness, vertigo, or pregnancy
- A Pacemaker

I understand that Breathwork and Reiki are **not** substitutes for medical or psychological care, and that Robyn V. Gutierrez is not a licensed healthcare provider.

3. Assumption of Risks

I understand that Breathwork and Reiki may cause:

- Intense emotions (joy, sadness, anger, anxiety)
- Physical sensations (tingling, dizziness, muscle contractions, temperature changes)

- Altered states of consciousness (time distortion, deep introspection)
- Hyperventilation symptoms (shortness of breath, lightheadedness)
- Fatigue, deep relaxation, or mild discomfort

I accept these risks and participate at my own discretion.

4. No Medical or Psychological Advice Provided

I acknowledge that Breathwork and Reiki do not replace medical or psychological treatment. No specific results are guaranteed.

5. Confidentiality & Group Agreement (For Group Sessions)

I agree to respect confidentiality and not share other participants' experiences outside the session.

6. Technology & Online Sessions Disclaimer

For virtual sessions, I take full responsibility for my environment, internet connection, and personal safety. Robyn V. Gutierrez is not liable for any technical issues, distractions, or external factors.

7. Emergency Situations & Personal Responsibility

I acknowledge that Breathwork can be intense. If I feel unsafe or unwell, it is my responsibility to stop and seek medical care if necessary.

8. No Guarantee of Outcomes

I understand that results vary for each participant, and no specific outcome is guaranteed.

9. Release of Liability

I release and discharge Robyn Vasquez-Gutierrez and Reflect and Refine from any and all claims, liabilities, or legal actions arising from my participation.

10. Responsibility for Personal Property

I acknowledge that I am solely responsible for my personal belongings, and Robyn V. Gutierrez is not liable for any lost, stolen, or damaged items.

11. Agreement to Indemnify

I agree to indemnify and hold harmless Robyn V. Gutierrez and Reflect and Refine from any claims or legal expenses arising due to my participation.

By booking this session, I confirm that I have read, understood, and agree to the terms of this waiver.