

Conscious Connected Breathing – Amo Breathwork



Based on the work of Dr. Christina Kessler, conducted by Dr. Laura Klüpfel

A prerequisite for participation is normal physical and mental resilience.

Health-related issues that contraindicate a breathwork session include:

- Pregnancy (without prior experience)
- Acute inflammations or illnesses
- Severe cardiovascular problems
- Severe bone and joint problems
- Acute psychoses or a history of psychiatric disorders
- Pacemaker
- Epilepsy
- Glaucoma

Each participant is responsible for themselves. If any of the above conditions apply, the participant is encouraged to consult with me, Laura Klüpfel.

Participation is at your own risk.