

Contraindications & Preparation Guide

**for an inner journey: Microdosing, Ceremonial Cacao and Guided Breathwork - facilitated
with live music and specially engineered soundscapes**

Thank you for your interest in participating in our inner journey day retreat. Before purchasing the ticket, we ask you to carefully go through the following information.

During our day together, we will use a combination of microdosing, cacao, breathwork and sound healing. These modalities all have a profound effect on your mental and physical state. This document will give you an overview of the most important contra indications and general information that is important when you participate in our day.

GENERAL CONTRAINDICATIONS FOR BREATHWORK

Below you will find a list of general contraindications for breathwork. Due to privacy rules, we cannot ask you to share your medical history/file with us. For your own safety, the safety of your fellow participants and for ours, it is of utmost importance that you are aware of your responsibility to take these contraindications seriously and consult with us about your participation if there is anything on this list that applies or might apply to you.

- Pregnancy(at any stage)
- Severe PTSD or trauma
- Actively using recreational drugs
- Taking any medication that alters brain chemistry like anti-anxiety, anti-depressant, ADD, OCD medications etc.
- Detached Retina
- Glaucoma
- Kidney disease
- High Blood Pressure
- Cardiovascular disease, including angina, previous heart attack or stroke
- Diagnosis of aneurysm of any kind
- Uncontrolled thyroid conditions
- Diabetes(any type)
- Severe Asthma - for mild to moderate asthma, we can discuss but you must bring your inhaler to the session
- Epilepsy
- History of seizures
- Prior diagnosis of bipolar disorder, schizophrenia or previous psychiatric condition
- Severe psychosomatic disorders
- Recent surgery, stitches or injury
- Hospitalization for any psychiatric condition or emotional crisis within the last 10 years

If you have any health conditions or injuries that may interfere with your ability to join, please let us know! That way we can make sure that everyone can have a beautiful and meaningful experience.

MICRODOSING

During our day retreat we will work with microdosing. In short: a microdose is a hardly noticeable dose of a psychedelic substance that has been scientifically shown to increase focus, learning capacity, creativity and other amazing things. We'll provide the psilocybin truffle which is relatively mild, completely safe and 100% legal here in the Netherlands. During the retreat, we will give an introduction after which it is up to you to decide if you would like to join. It's simply a tool that is available.

A few important points about this:

1. If you are on any kind of medication or have experience with mental illness, first consult your physician or psychiatrist (and let us know!).
2. If you wish to partake, first watch this great [introductory talk](#) and read this [excellent guide](#) so that you are well informed.
3. You are responsible for dosing appropriately and keeping it micro. The aim is to get a helpful support for learning and creativity, not to trip out. Of course we will help you determine appropriate dosage.

SIGNING

The modalities we use can be very intense and go very deep. For us it is important to be certain that all measures considering safety and responsibility, contraindications etc. have been communicated clearly and understood by all our participants. Therefore, we ask you to read this document and tick the box as to confirm you have done so.

It is important that you apply anything and everything that you learn and experience with us in a safe environment. Therefore, never practice the breathing or meditation techniques before or during diving, driving, swimming, taking a bath or any other environment/place where it might be dangerous to faint or get dizzy. Also it is important to never force yourself or anyone else to do the practices. Make sure that you are aware of the potential risks, that you know how to practice them safely and that you instruct others on how to practice safely.