

## Breathwork Contraindications

If you experience any of the following issues, Breathwork is not suitable for you. It is always recommended to consult a medical doctor before performing breathwork. This information was taken from the Certified Breathwork Practitioner training course through Loka Yoga School.

Do Not Engage in Breathwork if you experience:

### Cardiovascular Concerns:

- Abnormal heart rhythm
- Arrhythmia
- High or abnormal blood pressure
- Congenital heart disease
- Coronary heart disease
- Deep vein thrombosis
- Pulmonary Embolism
- Heart attack
- Heart failure
- Heart muscle disease (Cardiomyopathy)

### Pulmonary Concerns:

- Bony metastases
- Brittle bones
- Unstable head/neck injury
- Rib or vertebral fractures
- Osteoporosis
- Acute Asthma
- Tuberculosis, Pneumonia, Respiratory infections
- Emphysema
- Bronchial hemorrhage
- COPD

### Psychological Concerns:

- Heavy medication
- Psychosis
- Paranoia
- Bipolar I/II Disorders
- Acute addiction
- Recent hospitalization
- Untreated, unmonitored disorders

### Other:

- Pregnancy
- Detached retina

- Glaucoma
- Aneurysm
- Uncontrolled thyroid issues
- Uncontrolled diabetes
- Epilepsy
- Seizures
- Severe pain or discomfort
- Recent surgery