**Sonic Alchemy 1:1 Terms & Conditions**

The techniques used within **Sonic Alchemy Breathwork** is potent and requires full awareness of self.

Undertaking these exercises, you acknowledge that:

* You are able and willing to participate in breathwork exercises and physically able to do so.
* You are ready to commit to 6 weeks of reclamation exercise that are designed to transform the inner nervous systems and bio-hack feedback loops naturally occurring within the body for optimum physical enhancement and psychological transformation.

These techniques are based on Peer reviewed and experienced research. Combining 1000 year old modalities with science backed technological awareness to create a new form of healing, through learning to intimately listen to the body.

Listening to the body and enacting on the directions requires discipline, strength of will and courage to change.

If you consent to embark on the Sonic Alchemy 1:1 Personal Journey Sign below and click send.

Welcome to the magic of your own sound…

Frankie x