A CONSIDERED WELCOME

Practice & Safety Guide

Kundalini Activation & Somatic Breathwork

Space to arrive.
Freedom to choose.
Time to return to yourself.

Welcome to *The Regulated Mind*. We are deeply honoured to hold this space for you. Unlike our restorative sound baths, Kundalini Activation & Somatic Breathwork is an active, dynamic experience intended to support exploration through breath, movement and sound.

True regulation requires individual autonomy and informed choice. This guide helps you prepare for your session, understand your options and plan a gentle return to your day.

Please read the safety section before booking. Experiences vary, and no particular emotional release or outcome is expected. This is a wellbeing practice, not medical treatment or a substitute for mental health care.

Your pace. Your boundaries. Your choice.

You may pause, change your preferences or stop at any time.

01 / BEFORE YOU ARRIVE

Preparing your system.

Eat lightly.
Avoid a heavy meal for 2 to 3 hours beforehand if this is comfortable for you. A light stomach may help you feel more at ease during active breathing. Follow your usual medical or dietary advice; do not skip food required for a health condition or medication.

Hydrate gently.
Drink water as you normally would throughout the day and take small sips as needed. Avoid drinking a large amount immediately before the session, and do not deliberately restrict fluids.

Dress for comfort.
Wear soft, loose-fitting clothing. Set aside tight belts or jewellery that could get in the way of comfortable movement.

Arrive with spaciousness.
Allow 10 to 15 minutes to settle in, meet your facilitator and become familiar with your mat and the room. There is time to ask questions before choosing how to participate.

02 / IN THE ROOM

The sensory landscape.

Supportive bolsters, linens and wireless dual-channel headphones are prepared for you. Choose a comfortable position, adjust your volume and let Catherine know if anything needs to change.

Channel 1 / Guided Immersion
The curated soundscape with Catherine’s pre-recorded guidance and reassurance.

Channel 2 / Pure Soundscape
The same playlist without the recorded voice track. You can switch channels, lower the volume or remove your headset whenever you wish.

03 / YOUR AGENCY • YOUR CHOICE

Space to choose what feels right for you.

Discreet choice cards beside your mat help you communicate your preferences. You can change them at any time, speak to Catherine or simply choose to observe. Consent is ongoing: a card is an invitation to check in, never blanket permission.

Somatic Touch Orientation
Somatic Touch Welcome invites an individual check-in about hands-on support. *Quiet Space Preferred* means no touch. You can decline or withdraw consent at any time, without explanation.

Facilitation Orientation
Verbal Guidance Welcome supports the guided channel. *Internal Journey Preferred* supports the soundscape without recorded verbal guidance. Your facilitator remains available if you need help.

Sensory Orientation
Organic Essential Oils Welcome invites a check-in about optional oil blends during integration. *Scent-Free Container* indicates your preference for no oils. Please share any allergies, asthma, or sensitivities with Catherine prior to arrival so we can optimise the shared studio space for your comfort. If you require a strictly scent-free environment, please contact Catherine prior to booking so we can safely discuss alternative paths or personalised private sessions that comfortably align with your needs.





Your preferences are respected throughout the practice.

04 / THE EXPERIENCE

No response is required.

You may notice changes in sensation, emotion, imagery or your urge to move. You may also experience very little. Neither response measures success. There is no need to intensify your breathing or push through distress.

Rapid or deep breathing can lower carbon dioxide and cause tingling, dizziness, cramping or faintness. These sensations are not proof of healing or release. If you feel unwell, stop the active breathing, return to your normal comfortable breath and alert Catherine. Do not repeat this intensive practice alone.

05 / MEDICAL SAFETY & CONTRAINDICATIONS

Medical suitability.

A Note on Personal Wellbeing
Your safety and comfort are our absolute priorities. If you are navigating any existing health conditions, injuries, or are simply unsure if an active somatic practice is right for your system at this time, we gently ask that you consult with your primary healthcare professional or treating practitioner before booking your mat. We are always here to support your journey safely.

Active breathwork can place demands on the body and bring up intense emotions. This studio’s active session is not offered to guests who are pregnant or have any of the following:

• Significant cardiovascular disease or high blood pressure.

• Glaucoma or retinal detachment; epilepsy or a seizure disorder.

• Recent major surgery, serious injury or significant physical trauma.

• A history of psychosis or a current severe mental health condition.

If you have complex trauma, panic attacks, a respiratory condition, take regular medication, are breastfeeding or have any other health concern, speak with your treating clinician and Catherine before booking. This list is not exhaustive; do not change prescribed treatment to attend.

A restorative Sound Bath Sanctuary may be an alternative, subject to its own suitability check. Please contact Catherine to discuss your needs rather than assuming an alternative is automatically safe.

Stop and seek urgent medical help for chest pain, collapse, severe breathing difficulty or a seizure. This guide does not replace individual medical assessment.

06 / AFTER THE PRACTICE

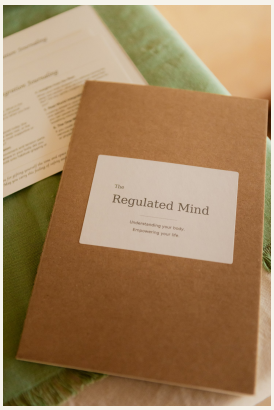
A gentle return.

Sessions close with time to settle, optional nourishment and space for reflection. You do not need to make meaning of your experience immediately. Give yourself permission to return at your own pace.

Before you leave.
Check that you feel alert, steady and ready to travel. Let Catherine know if you feel dizzy, unsettled or overwhelmed, and do not drive until you feel fully well.

Over the next 48 hours.
Leave room for rest, regular meals, water and gentle activity. Journalling is optional; a few quiet words or a simple note about what feels supportive may be enough. Avoid chasing a particular feeling or repeating intensive breathing on your own.

If you need support.
Contact Catherine with session questions. For persistent or worsening physical or emotional symptoms, seek advice from a qualified healthcare professional rather than treating them as a necessary part of integration.



Questions before you book?
theregulatedmind.com.au/contact

CLINICAL GROUNDING & SAFETY RESOURCES

• *Holotropic Breathwork Modality Insights* - Cleveland Clinic

• *Hyperventilation: Signs & First Aid* - St John Ambulance

Resources reviewed 29 October 2026.