**World Breathing Day - April 11 - "One Breath, One World"**

**World Breathing Day** is an annual global event that invites everyone to remember, experience and celebrate the healing and unifying power of breath.

**We all breathe**, and we all breathe the same air ; yet rarely do we stop to acknowledge how fundamentally important our breath is,  or how it connects us to our planet and to each other beyond our differences. An international day dedicated to breath will help reconnect us to this reality, and by doing so, will enhance, inspire and promote peace, health and wellbeing worldwide, for humanity and the Earth.

**World Breathing Day will expand** our understanding - amongst individuals, professionals and institutions - of what optimal and conscious breathing is so that everyone can benefit from it. It will also serve to remind us of the basic, vital importance of clean air and of a clean and healthy environment for present and future generations.

**This annual celebration invites** all healing professionals who work with conscious breathing in their practice to host an event in their community on World Breathing Day.

**Please join us** in making World Breathing Day a resounding, inspirational global success.

