

Uniting and Inspiring People through Conscious Breathing

IBF Taskforce: **IBF Conscious Breathing in the Classroom (CBC)**

Leader: **JoAnn Lowell**

Members: **MEMBERS** JoAnn Lowell (Chair- Canada), Tilsim Demirdoken(Turkey), Luc Maertens (Belgium), Anil Altas Brug (Germany), Dan Brule (USA - Mexico), Sergio Castro (Spain- England)

IBF Conscious Breathing in the Classroom (CBC)

Work Group Report 2018- 2019

By JoAnn Lowell

MEMBERS

JoAnn Lowell (Chair- Canada), Tilsim Demirdoken(Turkey), Luc Maertens (Belgium), Anil Altas Brug (Germany), Dan Brule (USA - Mexico), Sergio Castro (Spain- England)

VOLUNTEER TRANSLATORS

Blanca Maria Lagunez Mueller (Spanish), Carine De Bruycker, Veronique Batter, Nicole Rombaut, Simon Maertens, Danielle De Wilde, H el ene Flamand and Ingrid Beauve (French), Manal Al-Musallam (Arabic), Kenneth Tam (Mandarin), Nevsah Karamehmet (Turkish), Paulo Ramos (Portuguese), Lillian Korzilius, Luc Maertens, Edmonda Vertonghen (Dutch), Elo Tuppits (Estonian), Krista-Gilda Kerner (German), Julia Lind (Russian), Viveka Wikborn, Lena Kristina Tuulse (Swedish), Alessandra Martinelli, Indalicia Ziritt (Italian), Michelle Pacheco (Romanian)

LOOKING FOR NEW VOLUNTEERS:

- **WRITERS** - strong in English, organization and in creating course materials for ‘The Breathing Workplace’ and ‘Conscious Breathing on the Streets’ for first responders, police, social workers, counsellors working with addictions, the homeless and youth at risk
- **VIDEO EDITOR** - for online training videos of the CBC breathing exercises, editing training workshop

OVERVIEW

We have had an exciting 10 months which started with the international launch of the “Conscious Breathing in the Classroom” program at the GIC France in August 2018. June of 2019 brings us into another international Livestream training for the program from GIC Joshua Tree (USA). The program manual underwent meticulous months of detailed revision and grew 20% in size. We now work closely with 23 translators re-creating the manual into 14 languages. Our small team added a new member, welcome Sergio Castro! When we meet we each take turns leading different breathing exercises from the manual, learning the nuances of each one. The word continues to spread about this wonderful program and we are discovering a variety of uses for the dozens of breathing exercises within the program manual.

“The purpose of the IBF is to promote a heart-centred approach to breathwork, its theory and practice, for the expansion of consciousness and for personal and global transformation.”

www.ibfnetwork.com

Uniting and Inspiring People through Conscious Breathing

The NUMBERS (as of June 2019)

Registrants in CBC program: 435

Countries Represented: 40

- **87% are Breathwork Practitioners/Trainers**
- **25% are School Teachers/ Educators/ Coaches**
- **12% are Parents or Other Professions**
- **24% overlap of folks who are Breathwork Practitioners, Teachers & Parents**
- **52% are IBF Members**

GIC FRANCE LAUNCH

On August 1, 2018 we proudly launched the new IBF program Conscious Breathing in the Classroom at the GIC in France. We had 92 participants who joined us on site in person for the 3-hour training, which was simultaneously translated into French, Russian and Spanish. The entire training and launch was live streamed around the globe - with an additional 176 people who joined us from 35 countries. Our Team who facilitated was Luc, Anil and JoAnn with a combination of 46 years of teaching and 43 years of breathwork facilitation among us. Each participant needed to pre-register, and then our Turkish teammate Tilsim emailed each registrant the PDF of the training manual and the livestream link. It was joyfully received as each participant got to wear the hats of trainer, school teacher and child as we practiced dozens of breathing exercises with folks in the workshop and with folks at home. We acknowledged this was our first time teaching this and we expressed our openness for feedback, which people graciously shared. This has only made us and the program stronger!

THE TRAINING PROGRAM - CONTENT

We offer the program to conscious breath practitioners who will train school teachers, or to school teachers, parents and other interested parties who can take it directly. We offer it in person as a live-streamed workshop at the GIC, and we are continuing in our planning to launch an online training. It is available by registration only and participants receive:

- a 60-page program manual currently in English only . Thirteen other languages are currently being translated
- A 5-page Trainers Guide

Topics cover:

- the scope of classroom situations and the challenges today's schoolchildren face
- many experiences and practices of age-specific breathing exercises for the children
- how conscious breathing is easily introduced into the school day, every day by school teachers
- simple daily breathing practice for teachers
- related research and resources for school teachers and trainers of this program
- a progress report for school teachers to send in to us of the changes in their students
- tips on how and where to offer this program to school teachers by trainers in their home country

“The purpose of the IBF is to promote a heart-centred approach to breathwork, its theory and practice, for the expansion of consciousness and for personal and global transformation.”

www.ibfnetwork.com

Uniting and Inspiring People through Conscious Breathing

Afterwards participants are connected to ongoing mutual support of an international community of schoolteachers and conscious breath practitioners who teach this simple program around the world through: the Facebook group The Breathing Classroom, through our webpage on the IBF website and a dedicated website yet to come.

The Newly Revised Manual

We worked diligently over the past 10 months to incorporate feedback from the livestream training launch, from colleagues, from the SciReG group, and from our own beta-testing process out in the field with the material. It was an enormous task as the manual increased 20% in content to a 60-page manual and we spent months meticulously going over details to create the First Revised Edition. Because we had existing manuals translated in French, Spanish, Estonian and Dutch we had to carefully code the deletions, additions, grammar and punctuation for the existing translators which was time-consuming. Because of this we put a freeze on sending out the manual until all this work was completed. Thank you to all our registrants and colleagues for your patience awaiting your new manuals!

Here's what is new in the Manual:

- Parents and Adult Educators are now included
- Breathing Exercises re-written: Students age range and duration for each exercise added, standing/ sitting/ posture for the exercises, what each exercise is good for, some exercises were added and some removed
- Clarifications and streamlining of conscious breathing exercises for Anxiety, and for Post Traumatic Stress Disorder
- Cultural inclusions for the breathing exercise (such as alternatives to closing eyes)
- Expansion on the differences between younger and older grades: how to choose age appropriate breathing exercises, the rhythm of the day, suggested pointers and duration of the different exercises
- A Plan laid out for the the first 12 weeks for introducing the program into the classroom
- New Class Well Being Tracker form for teachers to help gather Research data in a 12 week segment on how the breathing exercises affect students in the classroom
- Doctors Statement
- Expanded Breathing Practice for Teachers
- Expanded References, Links and Research Sections
- Expanded Guide for Trainers for offering the program to teachers

Manual Translation into 14 Languages

We have a full team of 23 amazing translators who are diligently translating the 60- page manual from English into 13 more languages: Spanish, French, German, Estonian, Arabic, Mandarin, Dutch, Turkish, Portuguese, Russian, Italian, Swedish and Romanian. Each CBC team member is a liaison who is assigned 2-3 translators for answering questions, clarifications and giving encouragement. We have designed "Engagement Letters" which each translator agrees to before commencing translation, ensuring that they understand that distribution of the program manual remains with the CBC team, and under copyright protection of the IBF, rather than folks independently distributing it. Once each translation is

"The purpose of the IBF is to promote a heart-centred approach to breathwork, its theory and practice, for the expansion of consciousness and for personal and global transformation."

www.ibfnetwork.com

Uniting and Inspiring People through Conscious Breathing

complete it is sent back to us for re-formatting and then we add it to the available languages for emailing out to registrants. Well done team!

WIDESPREAD REACH and INNOVATIVE USES of the PROGRAM

We have received wonderful feedback about the spread of the program into all corners of the world. In it's the first 10 months out, it has spread to 40 countries and we have over 200 members on The Breathing Classroom Facebook page . Many folks have shared about the ingenious ways that the program is being adapted and expanded in it's uses with a variety of populations and settings. We have come to understand the program manual becomes a rich 'jumping off' point for breathwork practitioners, parents and teachers to help spread conscious breathing in a variety of settings.

Here is a short list of some of the highlights that we have heard from folks:

- UN Civil Society Conference, New York City - networking and interest drummed up about the program through IBF-UN group member Marie-Therese Maurice
- New York Police Department - members are interested to learn the breathing exercises for their interaction with kids
- Calgary, Canada - youth co-ordinators and famous DJs want to use the program to help with 'youth at risk', some who are living on the streets
- Innovative Leaders Conference - the program is presented and receives lots of support
- Palliative Care and Death - conscious breathing exercises are adapted from the program to gently assist the dying and their loved ones
- Cancer Patients - learn breathing exercises from the program to ease their pain and anxiety
- Support for Alzheimer Patients - family members learn breathing exercises from the program to support their own self-care and to help instill ease and grace for their loved one
- Electronic Music Festivals - conscious breathing workshops facilitated for youth - choosing breathing over drugs
- World Breathing Day - in some Breathing Circles on this day, part of the day's activities consist of breathing exercises from the program
- Doctors, Therapists - they take a conscious breathing course adapted from the CBC program
- Bumi Sehat Birthing Centre, Bali - Midwives who are first responders on the ground after earthquakes, volcano eruption, tsunamis - they learn breathing exercises for birthing mothers, anxiety, Post Traumatic Stress Disorder (PTSD), as well as for themselves from the program
- Refugees adapting to new lives in new countries - learn breathing exercises for relaxation, PTSD, anxiety which come from the program

LIVESTREAM / TRAINING WORKSHOP at GIC USA (Joshua Tree)

Three of us from our team will be facilitating a live workshop training on Tuesday June 25th /2019 at the GIC USA (Joshua Tree): JoAnn Lowell (Chair), Luc Maertens (Retired Teacher), and Dan Brule (International Breathwork Trainer). We are all Certified Breathwork Practitioners and between us we have 82 years experience as breathworkers and 81 years experience as teachers.

"The purpose of the IBF is to promote a heart-centred approach to breathwork, its theory and practice, for the expansion of consciousness and for personal and global transformation."

www.ibfnetwork.com

Uniting and Inspiring People through Conscious Breathing

We have a team helping us to have Live Streaming of the training, including our newest member Sergio Castro on site. As well our team members Tilsim Demirdoken and Anil Altas Brug will be supporting from home by emailing each participant the livestream link and a PDF of the 60-page manual. We will record the training on the IBF Zoom application. The final portion of the training is reserved to hear ideas and feedback in how we can further this beautiful work from the assembled group of masters of the breath and of teaching school children.

LIASON within IBF TASK GROUPS

Throughout the past 10 months we had opportunities and needs to liaison with other task groups within the IBF:

- UN group: UN group members took the CBC training and they share in the launch of Conscious Breathing for Trauma Recovery; certificate prototype shared between groups; UN group nominates JoAnn Lowell to send to the UN Civil Society Conference in Salt Lake City August 26-29/2019 to represent the IBF and to share the CBC project, including paying to present an experiential workshop and/or exhibit table .
- Mark Conrad helps flesh out website planning
- NR meetings - giving and receiving updates from NRs; many NRs help spread the program into their countries; NRs and their country's colleagues volunteer to translate the manual
- ET Support - BDF applications, legal, IBF webpages, membership
- IBF Website re-design: we ask Mario/ Pierre to add a "**REGISTER**" button and other easy links for the CBC program to appear on the new IBF Home Page

FINANCES

INCOME / EXPENSES 2018-2019:

Income: - through our online registration form we ask registrants to become members or friends of the IBF and to consider making donations to the Breathwork Development Fund. we currently have 435 registrants. Out of For example 50 registrants taking our Friend membership 50 x €10 = €500 20 registrants taking out basic membership 50 x €50 = €2500 We have not yet put into place ways of tracking this.

- At the GIC live trainings, from now on we ask for donations for the cost of printed manuals.

Expenses: 2018-19 through a BDF application: €222 for printing and domain name costs

UPCOMING EXPENSES:

- We have current CBC expenses of approximately **€250** for printing postcards for CBC, website domain name, and printing a reduced version of the manual for the GIC-CBC training workshop at the GIC-USA (we are planning to ask for donations for this from here on in).
- specifications and cost discussions with a CBC website designer are ongoing; we are looking towards an afore-mentioned **€2000** budget for this, with BDF application to follow

“The purpose of the IBF is to promote a heart-centred approach to breathwork, its theory and practice, for the expansion of consciousness and for personal and global transformation.”

www.ibfnetwork.com

Uniting and Inspiring People through Conscious Breathing

- the UN group - together with CBC input - will have a BDF application for sending JoAnn to the UN gathering in Salt Lake City late-August to represent the IBF and to share the CBC project, including paying to present an experiential workshop and/or an exhibit table. We are still gathering the list of costs which should be approximately **€1300 (under UN Task Group)**

FUTURE FUNDING, ONGOING INCOME and YEARLY BUDGET:

In order to more fully focus on the annual workload that we are meeting, we are seeing our job will run more smoothly through the implementation of :

- a) **a dedicated data stream** for new IBF memberships and BDF donations which come specifically from the CBC registrants, so we can track incoming income from our efforts
- b) an **ongoing Fundraiser position** for IBF- which was discussed last year but not activated?
- c) **recalibration of the purpose and criteria for the BDF** which was initiated for funding GIC applicants and IBF members initiating breathwork projects independent to the IBF (i.e. not 'in house' IBF programs). It is labour consuming to have to answer ongoing questions of the details of purpose, scope, and impact for the IBF of the CBC program for each operational expense.
- d) we are seeing the need for an **yearly CBC budgeting within the IBF** for ongoing operational expenses (printing, CBC website expenses: domain name, maintenance). As well we are looking at the possibility of **asking payment** in small € amounts for the CBC program to cover expenses (i.e. Breathwork Practitioner trainers for the program potentially charged a nominal €20 except during a GIC livestream). These questions have impact and input at the organizational level to collaborate around..

BDF/FINANCES/FUNDING TASK FORCE

- I request we **schedule a meeting or create a small task force for the BDF and Finance** issues raised here as well as last year, involving some of us key players. CBC and UN group initiatives are here to stay and we see the need for feedback, discussion and some potential redesign for how we undergo budgeting. As well as the purpose, criteria and operation of the BDF. This was requested last year - this need was unmet.

LEGAL/LIABILITY QUESTIONS

At the GIC France a small Task Force was created to look at the legal structure of the existing IBF - and it's liability impacts on founders. As well the group was to look at the larger picture of **liability for these new programs** of the IBF such as CBC and the UN Trauma Recovery program. However the latter was not examined and the IBF- ET has not come any further forward with this.

- We request that this deeper look be made within this Task Force and our concerns be acknowledged.

“The purpose of the IBF is to promote a heart-centred approach to breathwork, its theory and practice, for the expansion of consciousness and for personal and global transformation.”

www.ibfnetwork.com

Uniting and Inspiring People through Conscious Breathing

- In addition questions have arisen this year about copying the entire manual by book authors for their books - or quoting the CBC program manual by other authors. We would like to discuss **copyrights** at the AGM - or within a small **task group**?

GOING FORWARD: What is UPCOMING?

In the coming year we are in the midst of planning for the the following work:

- in August the UN Work Group is sponsoring JoAnn to attend the **UN Civil Society Conference** in Salt Lake City, USA from August 26-28th to represent IBF and to share the CBC project, including the potential to present an experiential workshop and/or an exhibit table. The IBF has special consultative status with the ECOSOC of the UN... and this bodes well towards our 2020 UN- ECOSOC report.
- **New website TheBreathingClassroom.com**; we are in talks with some website designers about form, function, cost for a new exciting website to boost the program into an easy accessible online course. We are studying the WIX system which will give dozens of functions (i.e. can you imagine all the NRs could have access to the Livestream function and a library of PR materials to create livestream CBC trainings in their mother tongue to all their countryfolk, then record it, and have it available in the video library?)
- We are coming up with a **communication/incentive plan with Breathwork Training Schools** to encourage them to train and offer the CBC program through all their trainees.
- We are attracting **new Writing Volunteers**. We have a strong comprehensive program structure with the CBC manual. We easily see expanding this into new manuals for 'The Breathing Workplace' and for researching and creating a manual for "Conscious Breathing on the Streets" for first responders, police, social workers, counsellors working with addictions, the homeless and youth at risk

EXECUTIVE TEAM's QUESTIONS:

Do you have any suggestions for the IBF as an Organisation?

Yes, with Future Funding, Ongoing Income and Yearly Budget (Feedback given above)

In order to more fully focus on the annual workload that we are meeting, we are seeing our job will run more smoothly through the implementation of :

- a) **a dedicated data stream** for new IBF memberships and BDF donations which come from specifically from the CBC registrants, so we can track incoming income from our efforts
- b) an **ongoing Fundraiser position** for IBF- which was discussed last year but not activated?

"The purpose of the IBF is to promote a heart-centred approach to breathwork, its theory and practice, for the expansion of consciousness and for personal and global transformation."

www.ibfnetwork.com

Uniting and Inspiring People through Conscious Breathing

c) **recalibration of the purpose and criteria for the BDF** which was initiated for funding GIC applicants and IBF members initiating breathwork projects independent to the IBF (i.e. not 'in house' IBF programs). It is labour consuming to have to answer ongoing questions of the details of purpose, scope, and impact for the IBF of the CBC program for each operational expense. A meeting for this was requested at GIC-France.

d) we are seeing the need for an **yearly CBC budgeting within the IBF Annual Budget** for ongoing operational expenses (printing, CBC website expenses: domain name, maintenance). As well we are looking at the possibility of **asking payment** in small € amounts for the CBC program to cover expenses (i.e. Breathwork Practitioner trainers for the program potentially charged a nominal €20 except during a GIC livestream). These questions have impact and input at the organizational level for us all to collaborate around.

- **ACTION:** I request we **schedule a meeting or create a small task force for the BDF and Finance issues** raised here as well as last year, involving some of us key players. CBC and UN group initiatives are here to stay and our group sees the need for feedback, discussion and some potential redesign for how we undergo budgeting and manage data. As well as the purpose, criteria and operation of the BDF. This was requested last year - this need was unmet.

How can IBF serve you in a better way in your IBF Officer Role or as a Group?

We experienced Organizational support and challenges with the ET this year. There is a need for ongoing communications and recognition and action for work group needs around several afore-mentioned issues: legal/liability/ copyright; data-base information sharing; funding/budgeting strategies; website design impacts; BDF operations. As well as additional support through consistency at our AGMs.

We are seeing our job will run more smoothly through the implementation of :

- a) Bring back an **ET liaison officer to the work groups** (we did not have anyone connected with us this year)
- b) Create regular **Work Group Leader discussion meetings** with an ET liaison member to address these growing pains, needs and expansion
- c) Bring back our **consistent timing of our yearly AGM** (24 years of late June-early July in the GIC manual) which grants ease, consistency and continuity for our international commitment and brings us back into a 12-month work/budget cycle
- d) Allow for time **(30-45 minutes) within AGM time** for members to move around to the various **work groups and new initiatives** to see where they choose to put in their volunteer time for the coming year. We have an enormous workload - and the AGM is the easiest time to recruit new volunteer energy face to face.

Thank you.

“The purpose of the IBF is to promote a heart-centred approach to breathwork, its theory and practice, for the expansion of consciousness and for personal and global transformation.”

www.ibfnetwork.com

Uniting and Inspiring People through Conscious Breathing

TEAM MEMBERS: Personal Challenges and Growth

We have come to truly love one another within our task group! The majority of our dear team members underwent some enormous personal challenges that at times affected each of us in our ability to fully volunteer this year. Luc has been tenderly dealing with some personal challenges. Anil has been supporting serious health challenges for her husband. Tilsim has recently been weakened with health challenges and is undergoing surgery at the time of this year's GIC. JoAnn grieved, held space and intimately supported the deaths of 9 of her closest Beloveds, including her Beloved elder and her uncle, all in one season. Dan found himself spreading the ashes of his son who died the year before. While we all needed to take breaks from our team's work, we have continued to come closer together like family through our challenges and triumphs. And ultimately we find ourselves able to expand through these moments. Each of us feels honoured to continue to serve in this way.

GRATITUDE:

I am incredibly honoured and delighted to have worked so closely in devotion and service with our wonderful core team of five, now six. Together we have put in thousands of hours and I am deeply touched to know each of you. We have witnessed each other with our first coffee of the morning or in our pjs late at night! An additional 30+ more volunteers have stepped forward with their talents and enthusiasm at every turn, plus just about every NR who has enthusiastically helped spread the program. I can truly feel our IBF love for the young ones.

How do we make the dream work? Teamwork!!

Blessings for the Children and the future generations~

Jo Ann

"The purpose of the IBF is to promote a heart-centred approach to breathwork, its theory and practice, for the expansion of consciousness and for personal and global transformation."

www.ibfnetwork.com