

Uniting and Inspiring People through Conscious Breathing

Country: Germany

National Representative's name: Heinz Gerd Lange

NR since: 2013/14

Member IBF since: 1997

Overview Membership status for the country – (please take over from the global overview):

Friends: 0

Members: 11

Professional Members: 6

Organisations: 2

Attendance GIC: 6

**What happened last year in your country in terms of breathwork and conscious breathing?
Overview of your actions/activities. How is breathwork doing in your country?**

Breathwork is going well in Germany (of course it could always be more). Our own Breathwork training in Germany is currently attended by 14 people from different countries. GIA (Tilke) is going very strong and they have a committed ever growing membership and practitioner list. A big "Thank you" to Tilke for strongly promoting IBF and the GIC. There are various other Breathwork training organisations for Integrative Breaththerapy or Rebirthing (already established or evolving) and they all seem to go well.

With a committed group of breathworkers (some of them IBF members) we have been working on founding a **German Breath Association** - a not for profit public awareness organisation called „**Atem Verein Deutschland (AVD)**“. AVD is not devoted to any particular Breathwork organisation or technique, but wants to spread the importance and healing potential of breath to the broader public in general. We have been working solidly on the bylaws and AVD is now ready to be registered.

At the same time we have also been working on founding a **Professional Association for Integrative Breaththerapy** called **Berufsverband Integrative Atemtherapie (BIA)**. Here as well, the bylaws are now finished, and it is ready to be registered. BIA's goal is the acceptance of Integrative Breaththerapy into the national health system, as well as providing a roof and voice for Integrative Breaththerapists in Germany.

We have also started the work on the first ever public Breathdays in Germany, a mini Breath conference. They will happen in the beginning of October. 2. and 3. October will be the AGM and decision making of these 2 organisations for their future course. 4. and 5. October will be devoted to breathing, sharing and celebrating the breath. They will be held in German and English, and people from everywhere are invited to join.

What did you do to network with other Breathwork organisations? What was the outcome?

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As NR I have sent out several newsletters with the ongoing developments to all my German email contacts (approx. 600). Some of them have joined the work on AVD and BIA some of them have not responded. I think there is still a lot of personal networking required to unify these different Breathwork schools and modalities, but I envision an ever growing community of breathers to develop in due time. This will be one of my personal goals.

In our attempt to contribute to other national Breathwork associations we attended and took part in the Austrian Breathdays this year. The ATMAN Breathdays were a great success with approx. 60 attendees. I am a member of ATMAN professional Breathwork association.

I am also member of the British Rebirthing Society and this year we will actively participate in the second Breathfestival activities in the UK... a 4-day mini GIC with many different facilitators.

World Breathing Day, 11th of April: What happened in your country?

InBreath facilitated a Breathwprk training on this day and there were a few other WBD day events all over Germany. A growing number of schools and facilitators are interested to participate and AVD and BIA will spread „the word“ in future. We expect that the uptake and publicity around this event will increase next year.

What did you do to attract new individual members and to have more organisational memberships? How did you do this? Any best practices to share?

Individual members: 2 more individual members than last year, the rest stays stable (no change). Attendance to GIC is down compared to last year due to costs and US travel restrictions.

Organisational members: AVD and BIA will join the IBF in due time and both organisations will devote their energy in furthering the goals and aims of the IBF as well as their own. We intend top network stronger with other schools of Breathwork and to try to make them join the IBF cause.

We strongly recommend to organise a national foundation or association for breathwork in your own country, as united we are always stronger.

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

Create the job of a press officer, solely dedicated to actively pursue publications of breathwork articles and events to the general public additionally to national efforts. Press releases about breathwork benefits and successes (about the UN, refugees, school etc. and general health benefits) newspapers, Radio, TV, online events, conferences etc.

How can IBF serve you in a better way in your role as NR?

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Possibly using money from the Breathwork development fund to do national advertising. Possibly a financial support to attend health fairs (stall fees), in order give talks and offer free taster days, weekends. Financial support to offer free taster days, weekends in major cities in Germany (plus advertising in newspapers for these events).

Do you still want to take up your current IBF role for the next year? If not, who do you propose as your replacement?

Yes, I would like to keep serving as a NR, if get re-elected.

As I am currently also holding the role of an IC and cannot attend the GIC this year, I want to use this report to publicly state that I also would like to continue to serve in the role of an IC for the coming year (which will be my last year of service for the IBF in this role) if i get re-elected.

What are your objectives – as NR – for the next year?

- 1) Actively working for the AVD and BIA to grow and solidify these fledgeling organisations
- 2) Increase the membership and friendship numbers for the IBF through this
- 3) Finish my books on Breathwork
- 4.) Creating an online congress for breathwork in Germany

Personal note:

Lera and I are passionate about spreading Breathwork internationally and the development the IBF is taking. I am fully committed to furthering publicity of Breathwork and spreading the work internationally. I am optimistic and confident that we are standing on the threshold of getting conscious Breathwork into the mind of the general public.

Unfortunately we cannot come to the US GIC this year, but we will be attending Sweden for sure.

I have also started the work on organising the GIC 2021 in Germany. A great venue has been found which is bigger than the one we envisioned last year but can therefore host a growing number of attendees. Currently the team is forming and different roles are being assessed. We will keep you informed about the progress.

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