

Uniting and Inspiring People through Conscious Breathing

Country: Belgium
National Representative's name: Daniëlle De Wilde
NR since: 2003 (I think)
Member IBF since: 1998 (I am sure)

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

Friends: 1
Members: 34

General summary: 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?

There are lots of initiatives in Belgium.

There are circles organized by Geert, others by Jean and Marie-Louise with laughter yoga, Dorothée with transformational breath, Griet and Krista Gilda are also presenting breathwork, dance and shamanic sessions. I have created the Vitality Circles together with Fabienne Doyen where we attract new people by alternating breathing circle, with trance dance and shamanic healing. It is a good way to inform about IBF.

I have created a Belgian Breathing Circle group related to the IBF page. People can post their workshops there. Several members are using this platform to promote their activities.

Some IBF members came to the event organized by Vero Batter for Carlos Velasques here in Brussels. It was great and some people from GIC France were there as well.

Aad Havermans Wim Hof instructor and myself created a special breathwork ICE and Fire day. It was a big success with 28 people, intergenerational, with adolescents of 11, 12, 15, 16 years old together with their parents. A film crew from a big TV station came and made a 7 minutes movie about this. Coming out in September.

I know that transformational breathworkers are also active in Belgium but there is very few contact or reaching out to the NR Belgium.

In all my trainings in corporate world with leaders, in hospitals and in schools I spread breathwork by explaining the nervous vagus theory by inviting people to a coherent breathing session and afterwards to download the app RESPIRELAX+ to exercise at home. And I also sing with all my groups.

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

There are none breathwork organisations as such in Belgium. I do inform and collaborate with other schools for coaching and therapists working with the breath and I was also invited to teach breathwork there.

World Breathing Day, 11th of April: What happened in your country? I've organized a breathing circle in a church and it was a special event in the sense that there were some 30 people with a majority of people doing breathwork for the first time.

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? I am a big fan of the Meet and Breathe events and I always support Alicia in her work by spreading the news. I send out a whatsapp to some of our members with whom I have the most contact with.

For the rest see above

“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.”

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

I thank the Exect team for the good working of the meetings during the year. The zoommeeting are a good way to connect.

In think it would also be good to stay in contact with pioneers and creative brains to have theme come to GIC. I think of Nathalia, Gabriel (good initiative to have him invited).

I am looking forward to see the new website, quite a work!

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

By sending more up to date info about the membership. I do not know if the website directory is really up to date.

Idem with the GIC organisers, it is good to give up dated info about who comes to GIC in order to connect people with each other and with new people.

I urge my colleagues of IBF to spread forth the info of the IBF page and to reach more and more people.

Tks for the initiative to create a new linkedin page...it will be good that all together we create content.

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

I did send out a mail to all our members in Belgium with some news about GIC and this question.

A question.

APPEL A CANDIDATURE/ UW NIEUWE LOOPBAAN ALS Vrijwilliger?

If some of you, member of IBF, regular attendee of Gic, good networker, drielig.ish, feeling the energy, the passion and the commitment to work as volunteer as National Representative IBF in Belgium for at least 2 years, please contact me. I am working for years now as IBF National Representative-Coordinator, and may be some of you want to be in service to the organisation and the ...World! ☺Place aux jeunes: -)?

Unfortunately no one was candidate.

What are your objectives – as NR – for the next year? Continuing what I am doing and hoping that more people will participate actively to the expansion of our organisation.

Supporting the project **Breathwork in the classroom** as I am working with mentors of teachers and schooldirectors.

It is such a great initiative and I know this will help the world. Tks Jo Ann, Dan and Luc.

I would like to collaborate with this workgroup in order to use the manual and readapt it as Breathwork in organisations, as I think that we could provide info to therapists and coaches to use more breathwork. Especially in burn out prevention.

In Belgium with my team of coaches we organize two days Masterclass recognized by the International Coaching Federation about Coaching Burnout with the collaboration of a medical doctor. This way we can train people and create more and more circles.

Personal note:

I have an interesting new mission: Breathing in town. The personel working to serve the citizen of Mouscron not far from the French border. Groups of 20 people for 3,5 hours to make them experience breathwork in the frame of stress management. I had two groups today and it was a pleasure to see people responsible for different departments and working in different services in a town breathe together. I will have 250 people in three months.

I am glad of the work done by IBF , that we the NR, the IT and the Exec Team are still motivated and I do congratulate all the people in the different workgroups. We are a wonderful organization of people I love.

Bravo to all the GIC organizer for the past , the present and the future.

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