

Uniting and Inspiring People through Conscious Breathing

Country: Bulgaria
National Representative's name: Mihaela Simova
NR since: 2017
Member IBF since: 2016

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

Friends:0
Members:2
Professional Members:2
Organisations: 1

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?

1. Regular Breathing circles each month (led by me or my colleagues)
2. The 5th Professional Breathwork training has started
3. A cycle of seminars for medical doctors and mental health professionals who can apply the conscious breath in their clinics has started successfully with 20 professionals enrolled
4. We've created several masterclasses focussing on methods closely related to breathwork, such as Coherent Breathing, breathwork and psychosomatic issues, breathwork and sound therapy as well as the very important masterclass for trauma work based on the latest scientific researches and theories.

What did you do to network with other Breathwork organisations? What was the outcome? - ***There are no other Breathwork organizations in Bulgaria than "Bulgarian Institute for Professional Breathwork Training"***.

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

We've had a small festival with presentation of the conscious breath, group and individual Breathwork sessions

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?

1. Presentation of IBF during the professional training as well as the breathing circles
2. Introduction breathwork workshops during which we are talking about about IBF and GIC
3. Presenting the GIC during the trainings, workshops and the festivals

"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?

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

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

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

To continue with the same objectives as the last year i.e. to continue to organize:

- 1. Regular Breathing circles each month*
- 2. Professional Breathwork trainings*
- 4. Presenting the conscious breathing and its benefits to several festivals that took place in different cities of the country in a form of a short presentations and breathing practices*
- 4. Presenting IBF and the benefits of being a member*
- 5. I'll continue to promote IBF and GIC among Bulgarian breathworkers and those in breathwork training.*

Personal note:

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