

*Uniting and Inspiring People through Conscious Breathing*

**Country: Estonia**

National Representative's name: Elo Tuppits

NR since: 2017

Member IBF since: 2010

**Overview Membership status for the country:**

Friends: 4

Members: 1

Professional Members: 2

Organisations: -

**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?**

During last year, the more active breathwork promotion has been made by different breathworkers in media, incl TV. Number of breathwork books are available but no breathwork textbook so far.

In addition to weekend breathwork courses and regular Breathing Circles, the bigger events called breathing concerts (breathing session at the time of concert) have been organized by several breathworkers in participation of well-known Estonian musicians – an excellent way to promote breathwork among wider public.

Two local breathwork schools are offering breathworkers training in Estonia:

- School of rebirthing breathwork established by IBF member Ms Tiia Lõoke with her colleagues.
- Body Awareness Institute, offering trainings of BioDynamic Breathwork & Trauma Release System – the newest breathwork modality in Estonia, since 2014.

Several well-known breathworkers from abroad (Lena Kristina Tuulse, Binnie Dansby, Dan Brule, Sondra Ray) continue to give weekend seminars both for general public and for breathworkers.

The group of persons interested in becoming a Breathwork in Classroom trainers has been established by NC and the 1<sup>st</sup> version of the Programme was translated into Estonian.

Still, the organization uniting breathworkers still missing in Estonia.

One reason for that could be that there are only few people working as full-time breathworkers because the work doesn't offer sufficient income.

**Activities of NR:**

- Promotion of IBF and GIC in Estonia (though, traveling to USA and participate in GIC is far too expensive for most of Estonians; more participants are expected to be in GIC 2020 in Sweden which is close to Estonia);

***“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](http://www.ibfnetwork.com)**

*Uniting and Inspiring People through Conscious Breathing*

- Translation of the 1<sup>st</sup> version of Breathwork in Classroom programme into Estonian and formulating group of future trainers of this programme. Arranging meetings for the group to discuss the programme and adapt it for Estonia. Piloting the programme in one grammar school in Tallinn (one introductory seminar for teachers and another for 10 – 11 years old pupils).

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

There is no breathwork organisations in Estonia, but some networks of breathworkers trained one or another breathwork modality. I see that persons who have passed trainings of more than one breathwork modalities or schools could serve as liaison persons. My personal experience from last 8-9 years is that breathworkers mostly want to have a breathworkers organisation in Estonia. We are able to cooperate for some special event or project. Having very intensive work period and also serving as a leader of another professional network/organisation I haven't taken responsibility so far to establish our national organisation. Hope to attract more breathworkers to participate GIC 2020 in Sweden to inspire them - or establishing organisation here we need more inspired breathworkers as successful organisation needs more than one inspired leader.

**World Breathing Day, 11<sup>th</sup> of April: What happened in your country?**

- Information was spread among breathworkers and in social media; a special event was held by group of breathworkers (incl NC) to celebrate that day.

**What did you do to attract new individual members and to have more organisational memberships? How did you do this?**

- Shared information among breathworkers, students of breathwork school, and participants of Breathing Circles;
- Invited interested persons to prepare themselves as trainers for Breathwork in Classroom programme – they needed to join with IBF as a precondition.

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

IBF does well ☺ I love regular meetings of NCs (excellent to keep in contact, get information and to feel supported if needed) although I'm not able to participate each time. Therefore taking minutes is really welcome. Thank you for that!

**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 continue.

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

- To translate the new version of Classroom Breathwork Programme into Estonian and to adapt it for Estonia with other potential trainers; to continue piloting of the Programme in Estonia; to cooperate with other local organisations providing similar programmes in Estonia to have stronger impact.

*“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.”*



## National Representative & Ambassador Report

### *Uniting and Inspiring People through Conscious Breathing*

- To attract 5-10 breathworkers and others to become a member of the IBF, and to participate in GIC 2020.
- To continue to spread the message in breathwork trainings and public events (Breathing Circles, World Breathing Day, etc).

***“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](http://www.ibfnetwork.com)**

*Organisation with full legal capacity - Netherlands Chamber of Commerce Registration Number 32080432  
Correspondence address: Stoombootweg 41, 1035 TT, Amsterdam*