

Uniting and Inspiring People through Conscious Breathing

Country: [Ireland](#)
National Representative's name: [Nadia Haugh](#)
NR since: [July 2018](#)
Member IBF since: [2014](#)

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

Friends: 0
Members: 5
Professional Members: 3
Organisations: 0

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?

Breathwork is still growing more and more in Ireland (perhaps not as widely compared to mindfulness!). I'm delighted to have people in my community to come and breathe with me in private sessions.

As I'm new to being a National Representative and only recently qualified as a breathworker I tend to firstly include breathwork sessions in my private practice while learning from the previous NR Michael Blake and Claire Haugh, whom I help with the monthly breathing circles and workshops. Unfortunately Michael's daughter passed away last November and that put a lot of projects for all of us on hold.

Promoting breathwork through my private practice (The Breathingroom) and the private session I offer. The outcome was 3 new IBF members who will be attending the GIC2019 in Joshua Tree.

I staffed at seminars in the Netherlands and Northern Ireland.

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

Not yet, intend to reach out in the future to breathworkers in Ireland.

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

Promoted World Breathing Day through giving breathing sessions on the day.

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?

Through talking about IBF directly to my clients. We have 3 new members for Ireland this year! My clients love the experience of the breathing sessions and want to know more about breathwork in general. Certainly the 3 new members got excited hearing about the GIC.

“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
2018-2019

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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?

I would like more info on how to look up info (on when they became a member ect..) on members in our country.

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 do

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

I would like to connect with other breathworkers in Ireland and introduce them to the IBF. I intend to keep offering private sessions and gently spread the magic of breathwork, while encourage the organization of workshops, breathing circles and seminar.

Personal note:

Thank you ET team for all your hard work and especially Geert for your support to us NR's.

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www.ibfnetwork.com

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