



National
Representative&Ambas-
sador Report 2018-2019

Uniting and Inspiring People through Conscious Breathing

Country: Netherlands

National Representative's name: Mariët Bakker

NR since: 2017

Member IBF since: 2012

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

Friends:

Members:

Professional Members:

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?

It is getting more and more attention. Especially the conscious breathwork and the cold water methods of Wim Hof (the Iceman).

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

Did not do much, so not so much came out.

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

There were regular workshops and some events.

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? NO.

Do you have any suggestions for the IBF as an Organisation? Not at this moment.

How can IBF serve you in a better way in your role as NR? Cannot think of anything right now.

Do you still want to take up your current IBF role for the next year? If not, who do you propose as your replacement? Lilian Korzilius and myself are having conversations to see if she can replace me as the NR.

What are your objectives – as NR – for the next year? Not sure.

Personal note: Took up being the chairperson of the Netherlands Transformational Breath Association, not sure if I want to do two kind of these administrative functions.

"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

*Organisation with full legal capacity - Netherlands Chamber of Commerce Registration Number 32080432
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