

Uniting and Inspiring People through Conscious Breathing

Country: Singapore and Malaysia
National Representative's name: John Stamoulos
NR since: 2007
Member IBF since: 2004

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

Friends:

Members 3

Professional Members: 1

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?

This last year I unfortunately have cut down on my frequent travels to SE Asia as I needed to focus on other personal goals in my life therefore I have not run my usual trainings in Singapore and Malaysia- I first started to introduce Breathwork in Singapore and Malaysia back in 2002 and trained about 12 Breathworkers over the years in that part of the world-

I have run some group Breathwork sessions in Malaysia and Singapore and I find these events are highly popular and people love the community feel to this work- of course I also run many private one to one Breathwork sessions whilst I travel there as I have a large following for this work.

I am a guest facilitator on some other programs where I am invited to speak about Breathwork and also facilitate large group Breathworks- in the last few years I have had groups from Cambodia and other SE Asian countries attend (even from Japan)

I have also been invited to facilitate Breathwork for a few companies for their staff to explore Breathwork as well, which I really enjoy doing.

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

There are no Breathwork organisations in this part of the world that I am aware of.

World Breathing Day, 11th of April: What happened in your country? Nothing was done in SE Asia

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?

Nothing that was significant- I always share about IBF and GIC to my participants as well as here in Australia at my events- I always share the FB pages and the GIC conference information too.

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

Not at this moment however I look forward to hearing about the outcome of the AGM in USA. Unfortunately this year I will not be attending and I will miss you all!!

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

I find it difficult to join the NR monthly meetings as the times are difficult to coordinate with my time zone-

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 as NR

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

I will be back in Spore and Malaysia more frequently and look forward to coordinating more trainings with the Breathworkers currently working in this region- I am very proud of Angie Toh and Gladys Lee who are very active in Singapore-

Early next year I am planning a Breathworker training in Kuantan, Malaysia (East coast) I hope to get more Malaysians training to be Breathworkers- the challenge sometimes is that it is a Muslim country and it is important for me to keep Breathwork as a technique that has nothing to do with Religion or affect peoples Islamic beliefs which I clearly communicate to them.

Personal note:

I want to thank everyone for taking Breathwork to a world level- it is amazing with input from everyone how Breathwork has become more mainstream and I envision it to be even more popular and accepted as a healing modality.

Thanks you to all

With Love Peace and respect

John Stamoulos

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Correspondence address: Stoombootweg 41, 1035 TT, Amsterdam

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