

Uniting and Inspiring People through Conscious Breathing

Country: UK

National Representative's name: James Craig

NR since: 2017

Member IBF since: 2013

Overview Membership status for the country:

Friends: 4

Members: 19

Professional Members: 25

Organisations: 4

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 growing in popularity within the UK with many practitioners and schools offering workshops and trainings. Last year saw the 1st UK Breathwork Festival launch with great success. Close to 100 people gathered at Gaunts House in Dorset to celebrate and experience some of the different breathwork modalities. Following its success in 2018, "Breath – A Festival of life" will be extended by an additional day for its 2nd hosting August 29th - 1st September 2019.

As NR I continue to support the IBF and its members with regular up-dates and membership enquiries. I promote the IBF and conscious breathing via my monthly Breathing Circle in Leamington Spa and with anyone I meet who is interested in conscious breathing and personal development. I continue to share the Coherent Breathing Practice with my colleagues at Jaguar Land Rover via a weekly group which I facilitate to support health and wellbeing in the workplace.

In early 2019 I attended "Warwickshire Wellbeing" a charity event organised in aid of Myton Hospice. I paid for a stall at the event to promote breathwork and the IBF. The event was a huge success and I received much interest from people who were new to breathwork.

Later this year I have been asked to give a talk on Breathwork at an event organised by the Federation of Holistic Therapists. This will be my first guest speaker opportunity and I am very excited at the prospect to speak publicly about the benefits of conscious breathing.

The British Rebirth Society (BRS) has 25 Practitioner members as of June 2019. This is an increase of 3 practitioners since the AGM in 2018. The BRS has a new paid administrator and has recently launched a quarterly newsletter. The new structure of the BRS is taking shape and progressing well with quarterly meetings of its members.

I would like to thank Andria Falk for providing the following update on behalf of Transformational Breath

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Foundation UK.

TBF - UK has had another busy year, with more workshops, trainings and new trainees than ever before. We have also been revising the anatomy and physiology component of our training, thanks to Pippa Wheble and Ange Leake, and moving our website to a new provider and also electing a new committee. Andria Falk has twice been to Kenya following the sudden death of Tiba's CEO Daniel Marungu: firstly to attend Daniel's funeral and then to assist in winding up Tiba Africa Foundation and also to run workshops with Vincent Oloo, IBF National Representative for Kenya. Julie Ann Horrox has also been working with Vincent in Glastonbury, running the TBF Professional Training Programme there. During the year Julie Ann has also been running Breathing Circles and Workshops in Glastonbury, Bristol, Cardiff, London and Brighton. Ange Leake has twice been to Kuwait this year to assist Manal Al Musallam in running the Professional Training Programme with Judith Kravitz and has also been supporting the TBF-UK Scottish team who have run their first ever professional training, thanks to the vision and energy of Pippa Wheble and Anne-Marie Birch and their team, with support from TBF International Senior Trainers Nadja Benschop and Eugenia Altamara.

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

As a practitioner member I am closely involved with the British Rebirth Society. As NR for the IBF I receive regular questions regarding the different styles of breathwork. To enable me to answer these questions with integrity, I have made it my goal to experience the different modalities in person. I have had various sessions in the past 12 months with this as an intention.

I have also been sharing news of events offered by IBF members via my monthly up-dates. This offer was well received by UK members.

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

I am aware of a number of events held in the UK by various practitioners. I would like to thank Julie Ann Horrox for sharing her account of an event she hosted on World Breathing Day.

I have enclosed Julie Ann's detailed account in the supplement at the end of this report.

What did you do to attract new individual members and to have more organizational memberships? How did you do this? Any best practices to share?

I continue to encourage clients and people I meet through Breathing Circles and other Breathwork related events to join the IBF.

IBF membership has increased in terms of individual, professional and organizational membership since 2018.

Later this year I intend to contact other breath work organizations and schools with the intention of inviting
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them to join the IBF.

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

No comment at this time.

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

I would appreciate a better response to questions raised regarding IBF matters. I sometimes do not receive responses from IBF team. As a results, I am unable to provide comprehensive feedback to members on issues they have raised.

Do you still want to take up your current IBF role for the next year? If not, who do you propose as your replacement?

I would be pleased to continue as UK National Representative for another 12 months. I will not be attending the GIC this year due to Visa complications and personal circumstances. Therefore, I have offered my services to IBF Exec team and requested that my name be put forward for reconfirmation at GIC 2019. As I continue to work full time as an engineer, I have limited capacity for additional activities beyond those already mentioned. My spare time is dominated by parenting responsibilities and Breathwork clients. I have written to the UK members and asked if anyone else is interested in taking on this role. So far I have not received any feedback. Therefore, I am not aware of anyone who would like to take on this position and I am willing to continue if reconfirmed at GIC. However, I would be happy to stand down and make way for someone who feels they can offer the role greater value and dedication.

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

- To serve the IBF and its members to the best of my ability.
- To spread the word about Breathwork and touch the hearts of those who are new to this practice.
- To continue work on my personal and professional development.
- To network with different breathwork organisations and attract new members to IBF.

James Craig

Breathwork Practitioner - British Rebirth Society.

National Representative for UK - International Breathwork Foundation.

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Supplement - UK Workshops on World Breathing Day:-

*With Love and Bright Blessings Julie Ann Horrox BRCP
Certified Transformational Breath® Facilitator, Workshop Leader & Co-Trainer.*

One of the main reasons that I moved to Glastonbury in Somerset was to work for the Arrigo program. Fiona Arrigo is a Biodynamic psychotherapist who organises one to one high-end, deep clinical and therapeutic retreats to her clients who fly in from all over the world.

On International Breathing Day we were given our very first 'Back to Nurture' wild woman 4-day residential retreat, for 6 journalist's From Vogue, Tatler, Goop, Metro, Daily Express and Country & Town House. A core team of Therapists ran a new Arrigo concept event entirely on trust and without rehearsal, so it was both exciting and scary. Guests stayed in supper luxury high-end and glamping tents, with a stunningly beautiful yurt as a group space.



On the first day, I took them on a 'Breathing in Nature' walk, a new and additional practice that has been evolving for me. Slowing down and appreciating the elements, seeing the beauty of the birth of springtime, appreciating buds and lime greens of new growth, noticing the outlines of trees against the vivid blue sky. Hearing the chirping of birds and rustling of the leaves high above us. Feeling the wind on our faces and the sun on our backs. Deepening our appreciation and noticing our feelings and our breath and our connection to the glorious abundance of all that is our Natural environment.

I encouraged them to stay with their feelings and their breath just like in a breath session and to notice reflections of their inner world mirrored in the outer. Allowing thoughts to come and blow away in the wind, staying with their inner-landscape taking time to sit by the river and under a tree and simply be, noticing the details of leaves, plants, insects and scanning to the wider landscape and back again.

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Bringing whatever nature was teaching them in the practice back to a circle in the yurt and then flowing into a process of weaving their intentions on a loom with an array of fabrics. (some of you may remember the loom which I Brought to the GIC in India). We spoke of how our ancestors had for generations sat on the land and round fires crafting, sharing their joy and their pain and celebrating the turning of the seasons together, especially the birth of spring after surviving a long winter.



The weather was glorious and sunny all weekend and the following day they all brought their duvets into the yurt for a group breathing session. I took them for a beautiful long walk on Sunday and then Amanda led them in a beautiful share and I supported them to paint on stones as take-home gifts at the end.

There were four other therapists from The Arrigo programme as well as other talented local people that came in to run aspects of the weekend. They did Drum-making, sound healing and the homemade handcrafted food was amazing. This concept will launch in 2020 around the UK, I feel so grateful and blessed to be part of such an amazing team and to be living in this stunningly beautiful part of the world.

I felt so connected to everyone on International Breathing day as I was breathing in the beauty of this Green and pleasant land in Ancient Avalon.

Here is the first article to be published where I get a glowing review....

https://metro.co.uk/2019/04/27/switch-off-reconnect-nature-four-day-retreat-silent-walks-phone-ban-weaving-looms-9327980/?fbclid=IwAR3mBhol7mBla19OX-Su9uRreIBMCFLYE_AKBNCLt2qNzBYmPfpV7XFMNM

For more information about The Arrigo Programme see <http://www.thearrigoprogramme.com/>

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National Representative
& Ambassador Report
2018-2019

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