

Uniting and Inspiring People through Conscious Breathing

Country: Hellas Greece

National Representative's name: Matoula Piscopani

NR since: 2006

Member IBF since: 2006

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

Friends: 0

Members: 6

Professional Members: 6

Organisations: 1 (New Zealand Association of Breathworkers) - that was when I was in N.Z and is still an active member

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?

In Hellas there are various activities around Breathwork in major cities such as Athens and Thessaloniki also retreats in islands by various people that live and work within the country or come and visit and work.

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

There are no Breathwork organisations in the county as far as i know. However I have been communicating and working with a few corporate organisations and will see how this will evolve.

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?

I have communicated with other professional breathworker in the country. Some of them have already become IBF members, such as Maria Tsamblakou, others had already become like the Tiligada sisters. New blood is coming to join the IBF members such as Lucy Hammel who although has been a very experienced Breathworker in the field, will be joining the IBF as a new member soon.

The best way is to let people know we are connected globally and i do that through workshops and seminars. The IBF is also in my personal email signature and business cards, facebook page. I speak about the GIC and spread the news occasionally by sharing some of the newsletters to my clients.

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

I already have submitted my proposal on the professional membership status and looking forward to the voting. I believe that the professional membership serves best the IBF and ourselves when it includes professionals that are trained and have the credentials to prove it. All the rest should move to the IBF members excluding the word professional. This is much more in integrity with trained professionals that can all go under the same category and share the same skills with equal credentials. Therefore, people that are

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looking under the IBF website the professional membership have an understanding that they are comparing to choose equally skilled people to support them professionally, so we also carry as an IBF some sort of responsibility as to who we allow under the professional status.

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

No ideas for 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?

Yes

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

Keep spreading the idea of a global coherent, professional, mature organisation that is bringing together all sorts of different types of Breath. Open and welcoming to any one who wants to join under the professional umbrella, or as a member, or as a friend.

I also want to bring together all Breathworkers in Hellas under one professional umbrella that can lead to connect with the IBF as an organisation.

Personal note:

For the past 2 years that I have relocated in Hellas, I am still completing big changes that have taken a lot of time, money and energy, so have not been really putting the energy i would want towards the IBF. Did the best I could and still do though and know i m following the news and requirements even if I do not show in every zoom call. For the summer it will be hard to connect to zoom calls, occasionally I might do depending the condition I m in with high work commitments.

I Love this IBF community we have built over the years and I am looking forward to seeing you all one day alive in a GIC.

Some of the good things i have achieved this past year:

Cancer society Breathwork workshop - a big success in Mykonos raised the awareness around health

Corporate groups are asking my partnership in workshops promoting relaxation

Pshycologists and psychiatrists and people from the sports field want to include Breathwork workshops into their own trainings

Trust I will have some more to tell next year as part of this growth.

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National Representative
Report 2017-2018

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May you all create in bliss

much love

Matoula

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