



Minutes AGM GIC 22.06.2019 - 29.06.2019
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Pre-AGM meeting	22.06.2019
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Present:

- Geert, Pierre, Pippa, Mirabai, Kate

Apologies:

- Lauren, Jodi, James

Agenda:

- Agenda has been updated and Mirabai will send a print.
- Zoom conference: Pippa will send the link to Fabienne and Heinz Gerd and her laptop will be used.
- Geert's laptop will be used for the AGM agenda.
- Community breathe:
 - ❖ Intention to reconcile Lauren's intentions with the limited time at hand.
 - ❖ Should be run by ET and IC.
 - ❖ There needs to be a clear leadership of the session re music, flow, structure; it should be a 45 min, gentle CCB.
 - ❖ Pippa guiding everyone to set an intention for the week; for themselves, the group/family, the community and extending this out to the world
 - ❖ For Mirabai it's about setting an easy, sacred, spiritual tone.
 - ❖ Geert: opening our hearts to the flow of the week.
- GIC prices vs quality: discussion re group size.
- IC-position: nominations for open position so far include James, Adela and Krista Gilda, IC pages will be printed for their attention. Pippa will take care of this.
- There will be a meeting with JoAnn after the AGM on Monday.

- There will be a task force meeting with the NRs at 8.15 on Sunday and at 8.40 for the rest of the week. Geert will communicate.
- The ET - IC council will aim to meet twice a month and it will plan ahead for dates. (Tuesday/Wednesday at 9am UK time). Pierre will be stepping down next year and an apprentice will be sought to replace him.
- Practitioner vs professional: the By-Laws need to acknowledge those who have the profession or appropriate training, but no 'certificate'.
- EST:
 - ❖ We are looking for a social media/ communications officer/apprentice/outsource and we need to have a contract for this.
 - ❖ More support is needed for the newsletter.
 - ❖ More support is needed for the website/IT.
 - ❖ Also looking for a membership/finance apprentice.

15.50: Lauren, Jodi, Mirabai, Geert, Pippa

Discussion re community breathe: forming families and breathing. The community breathe must happen on Sunday morning. The confusion around the keynote speaker slot and community breathe needs to be cleared up in the GIC manual.

Structure will be:

- 9.00 – 9.10: Attunement
- 9.10 - 9.40: Introductions
- 9.40 – 10.30: Community breathe
- 10.30 – 11.30: Logistics
- 11.30 – 12.00: Break
- 12.00 – 13.00: Anthony Abagnano

Mirabai will chair the meeting and starts by inviting us to connect through breath.

After a short introduction re the AGM, roles are established and the attendants are counted:

- Mirabai: chair;
- Adela and Prema: counters;
- Microphone: Annette;
- Order of names for discussion: Inda;
- Minutes: Maria.
- 46 members present and 2 non-members.

Mirabai explains how we need to establish a zoom call as this is regards a proposal in which we will explore the mechanism of remote voting. This zoom call will be a trial with two participants: Fabienne and Heinz Gerd. Mirabai asks the attendants present if they consent to this. Nobody objects.

Unfortunately the wifi connection didn't allow us to connect and therefore the zoom link was not established. We will retry this tomorrow.

1. Executive Team report

Geert presents the report.

This was our second year as a team. Last year we had to make an inventory of what we needed to pick up from the previous team, we had to find a way to come together as a team and we needed to find a way to tackle the issues at hand. This year we could continue in our flow as the team. The actions taken in this past year can be read in the ET-report on dropbox in full.

Some important matters include:

- Moving the organisation from a limited capacity to full capacity and changing the names of the directors from Tilke and Marga to Pierre, Fabienne and Geert.
- Installing a new IT-platform : we had to investigate what we had and look at proposals re a new website. We eventually chose for Pierre and Mario's proposal. More later.
- Legal advice: thanks to Lilian we are now in contact with a legal firm that advises us. Important to be conscious of the fees (180,- euro per hour). Prema suggests talking to Aad, since he's a lawyer.
- We supported World Breathing Day and promoted it and other events on social media.

- There were two live meetings: the first in November at Maria's house and the second in April in Geneva.
- Still working on the definitions: there's a proposal to be voted on later this week. Geert expresses his hope that the proposal will pass as it could be included in the website. He realises that a consensus will not be easy to find, but hopes the AGM will accept the definitions as working definitions we can keep finetuning.
- A budget was created in which we made room for:
 - ✓ the IBF-breathing app;
 - ✓ Conscious Breathing in the Classroom;
 - ✓ Legal advice;
 - ✓ Attracting a social media manager;
 - ✓ A contract with Gabriel: this didn't materialise since Gabriel wasn't granted a visa, but he will come to Sweden. Judee and James will start a workgroup with Gabriel to realise several promotional videos.
 - ✓ See financial report by Pierre.
- There were regular meetings with the NRs and the ambassadors.
- There were updates from the Science and Research group.
- An SEA was written following the article Wilfred wrote in our newsletter; following Wilfred's article we made a decision to have a final check of the newsletter not to censor, but to make sure everything is made as transparent as possible.
- A complaint re the Executive Team was made and a conversation with the involved parties will be held during this GIC.
- A registration tool was developed to be used for future GICs and possibly other events.
- The ET has written letters for Gabriel, Anna, for securing visas for the Ukraine-delegation, for the UN-meeting.
- We had one application in the Breathwork Development Fund, namely from Ukraine, that we happily granted.
- Facebook, Twitter, LinkedIn accounts were created.

Geert ends his report and takes questions.

Marie-Thérèse: who would populate the pages for the social media?
 Geert explains that we would like an external person/manager to do this. We would provide this person with guidelines. At the moment two people are in the running for this position: Katie and Jodi. JoAnn wants to propose someone too.

JoAnn would like to have a practical example.

Geert replies we need expertise on that. We use our social media as good as possible, but there's no real structure. We could form a workgroup, but our preferred solution is that of one person managing our social media. We can decide the guidelines on WBD, CBC, etc...

Pippa part of our proposal re this matter is to get an opinion on how to do that ideally from someone who know the IBF. This role has been budgetted.

Jody adds that at this moment there's a lot of content posted on top of each other. However, in this way nobody can take the information in. Another aspect is a technical one: for each communication we need to consider which medium is the best? What is the best timing?

Gabriella would like to know who the group is that would help this professional.

Pippa replies that this would be the communication officers, Geert and Pippa. Ideally, someone who knows the IBF.

Mirabai proposes that it's not a matter of being ideal if the person knows the IBF, but that it is essential for the social media officer to know the IBF. The community agrees with Mirabai.

The community has no more questions for Geert. Mirabai thanks and honours the Executive Team for their work. The community joins her in thanking and honouring the ET.

2. AGM accepts last year's AGM's report

Mirabai asks who will formally accept last year's report: Brigitte accepts and Wolfgang seconds.

3. Financial Report

Pierre presents the financial report. It is available at the GIC for the community to look into. The financial report covers the last fiscal year until 1March 2019, the end of the fiscal year.

General items:

- The total income was 30,535.- euro (a surplus of 9715.- euro);
- Last year's GIC yielded a profit share of 4354.- euro;
- There were IBF-contributions and donations made in the amount of 5922.-;
- The ET doubled the donations made at the GIC 2018 and added 1000.- euro this year;
- 6866.- euro was spent on GIC 2018 and group activities;
- We spent 2069.- euro on website and system improvements and 1684.- euro on legal fees.

Pierre takes questions from the community.

Mariët wonders whether this report is going to an accountant and whether there's a need for legal accountancy.

Pierre explains that he volunteers to do the accounting with the help of an accounting system which is ERP certified. He can show the program

and the details. His report goes to the IC for approval. We used to have a legal accountant who recoded all the data. Now we use our own system which is less time-consuming and less expensive.

Membership:

There has been an increase in members from 153 last year to 158 this year. There is also an increase in the professional membership. Details are in the report.

JoAnn asks if she can see an overview of the income and expenses of the Breathwork Development Fund.

Pierre shows the detail (page 7 in the report) and explains.

JoAnn feels that it's a large amount to spend on GIC attendance.

Pierre explains how the ET split up the budget for GIC attendance and group activities. It is also a question to ask the community.

Mirabai ends the discussion here as it is a matter of further discussion later this week.

Budget:

Pierre shows a list of questions to be discussed by the community as a matter of introduction, he proceeds by showing the budget and inviting the community to read the report to understand it.

Mirabai repeats the invitation. Pierre continues to explain that the budget isn't balanced because of the investments made in marketing and communication, the breathing app, Conscious Breathing in the Classroom, etc... He urges the community to be aware that these investments are a one-time occurrence and not ongoing expenses.

Mariët wonders why the promotional videos aren't subtracted as an expense. Pierre explains how it is incorporated in the marketing and communication results.

Mirabai announces that this will be Pierre's last year as the financial officer. She invites people who feel called to step up and start an apprenticeship with Pierre.

4. IC report

Mirabai clarifies the IC's role.

Any critical changes need to go through the AGM for approval; the IC look at the proposals beforehand to limit the number of proposals that have to go to a vote at the AGM. Not many proposals were submitted this year.

The IC is a support to the ET, the NRs, the general community.

Mirabai reads a statement where she further explains the IC's role.

The IC doesn't necessarily only resolve ethical problems, but are there to make sure that all the actions are in alignment with the core values, that they are honouring the membership.

The IC comes to alignment when taking a decision after some discussion, their commitment remains always to the IBF. The IC also acts in a mediational capacity and strives to have regular meetings with the ET.

Finally, Mirabai takes a moment to honour Lena Kristina who is stepping down as IC-member. She thanks Lena Kristina in name of herself and Heinz Gerd and hopes she will remain present.

Lena Kristina expresses her love for IBF and for people wanting to make a difference in the world. She has felt inadequate because of the language barrier. She acknowledges the importance of her presence, but also Heinz Gerd and Mirabai's. She commends Mirabai's sense of order and hopes the IC will find someone with the same foundation as herself.

5. Science and Research report

Pippa and Ela present the report. For full details see report.

Pippa gives an overview of the workgroup starting in 2016 with its formation.

Pippa was recruited 2 months after the GIC in South Africa by Kevin Holmes who at the time headed the workgroup. The mandate for the workgroup was to collect and collate the science and research behind breathwork. It was a very diverse group with a lot of perspectives and so very difficult to move to action and decision making.

Subgroups were created eg for CBC. The data collection tool was adapted, as one can see in the current CBC manual.

Another subgroup was meant to deal with the categorisation of breathwork, creating an encyclopaedia of all breathwork modalities and to be used as a resource of breathwork for the IBF.

Finally, a science and research publication group was formed out of this workgroup: an independent, non-profit organisation with a neutral identity and its own independent mission to serve different audiences and with the purpose to create a journal of applied breathing sciences that would first publish semi-annually and in a later stage quarterly. The scope of the mandate has been limited to an advisory role that would convene when a question of the community arises : a proposal will be submitted to change the name of the workgroup to Science and Research Advisory Group and another proposal to introduce a document with which to submit the question/query to the workgroup.

Questions

Inda asks if the publications will happen every six months and does the group need information from the IBF?

Pippa explains that Ela has attempted to bring the group together, but these attempts aren't very successful. Wolfgang and Peter are working on breathing science not connected to IBF. However, we should see an increase in articles published on breathwork.

Mirabai answers the second part of the question: this will be scheduled as a separate item as it seems an important topic.

6. UN-group report

Brigitte and Judee present the report.

The UN group wants to bring breathwork to the world through the UN platform. Its members are: Véro, Marie-Thérèse, Vanessa, Brigitte, Pippa and Judee. Their motto has been to move forward with 'ease and grace'. They meet once a month and everyone has their input. A leaflet was created to give to the delegates at the UN and also to the community.

They have supported World Breathing Day, but this became too important and vital so a new workgroup was created headed by Véro. They are going to be represented by JoAnn at the UN meeting in August.

They are working to have their partners registered in the By-Laws, they are writing a proposal for this and another one re fundraising.

They are going to write a report re their collaboration with ECOSOC and they will connect with the IBF to find out what the community is doing to support the goals ECOSOC has set out.

Judee and Brigitte were sent out to test their work. Their main success last year was completing the mission in Athens: Brigitte in situ and Judee at home available to produce the necessary papers. Now there are people looking after the project in Athens.

More details will be provided in their workshop.

Moving forward they trust the numbers of trainers will grow, but an admin person will be needed to monitor the number of trained people and keep track of them.

Finally, they have developed an app, free and one that was already available on the internet. Now a new IBF application will be produced that will collect data for us.

7. World Breathing Day report

This workgroup was born organically out of the UN workgroup. WBD is 11th of April. The goal is to be recognised by the International Day Calendar. This brought about a realisation that a separate workgroup was needed: Rabia, Nevsah and Marie-Thérèse joined. All of them talented people in marketing and connected to big platforms. Véro thanks Geert for the translations (16 translations). The workgroup realises that to get the necessary recognition they need to move from the bottom-up: the more we spread the word, the bigger our grassroots movement becomes, the more chance that WBD will be recognised and the UN will listen. That is why we need to talk to NGOs, organisations around clean air and other platforms to get WBD known globally.

End of reports.

Mirabai invites the community to read the proposals and the reports.

End of AGM Day 1.

25.06.2019	AGM Day Two
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Mirabai opens the meeting and states the agenda.

Establishing roles.

40 members and 1 non-member present.

1. CBC report

JoAnn presents the report

There were 260 registrations in the live stream last year and they are up to 530 this year.

The team: Luc, Dan, Tilsum, JoAnn, Anil.

The programme is available in 40 countries and in 15 languages.

There has been a liaison with other groups, JoAnn has been attending the NR calls, a lot of work has been done on the ground. They have been working with the UN-group on a certificate and JoAnn is going to the UN's conference re sustainable development goals.

Postcards have been developed to introduce CBC, which can also be

used to register.

There has been an input from scientific data.

JoAnn reports that the ET have supported the CBC with funds and the website.

They have been working on their own website:

breathingclassroom.com. People can go onto the website and ask for all kinds of materials and livestream support. The information on the website as well as the manual are available in different languages and there are lots of ways to link up to CBC.

Together with the UN-group they have been looking at a proposal re a new legal and financial structure.

They would like to have a datastream to see who is giving donations and also if the CBC had an effect on the membership.

They are looking into fundraising and estimate the budget for the website will be around 2000.- dollars. They are moving to working with a budget instead of working with an application form.

Further work is being put in the issue of liability: they want to make sure IBF isn't held liable and remains protected.

The workgroup has had expenses of 239.- euro.

At this point the workgroup is looking for volunteers to help the workgroup e.g. video editor.

JoAnn invites the AGM to spread the word and to sign up.

Questions

Lilian voices her concerns around certain breathing exercises with the teachers e.g. the pumping breathing. Lilian would like to see the online workshop turn into a two-day workshop. She explains that she worries about the effect the teachers will have on the children if they are scared.

JoAnn has taken all the feedback seriously and re Lilian's question they would suggest limiting it according to the age group. She also feels that the training should be kept short since teachers don't have the space for a two-day training.

JoAnn reassures the attendants that the conversation will continue after

their workshop.

Joel wonders about the funding and the type of support they can have. JoAnn clarifies that at the moment of registration, people are asked if they want to become a friend or a member. At which point the person can make a donation. The teacher could get a part for their work. Because of the workload, the workgroup doesn't have the time to attend to fundraising. Mirabai suggests that a workgroup could be formed that would discuss the question of fundraising and JoAnn adds that the CBC will probably need a taskforce but ideas can also be brought up at the GIC.

Pippa would like to know whether JoAnn feels that the IBF is the right forum for their project: to her it feels stronger and safer on its own. JoAnn doesn't feel that way, she states that this is an initiative of the membership of the IBF. She would like to see the formation of a taskforce or a small think tank and the CBC website should be linked to the IBF website.

Pippa adds that so many projects within the IBF are so far out of the boundaries of what the IBF can hold.

JoAnn acknowledges Pippa's remark and adds that that's why they need a taskforce.

2. New IBF website

Geert gives a short introduction. Last year the ET received two proposals re the website. One was a proposal to renew the existing website, which came with a very costly quote. The other proposal was to create a new platform to have a certain guarantee for the future because it would run on the newest programs. This second proposal was presented with a much cheaper quote.

The ET decided to go ahead with the second proposal.

Mario and Pierre start the presentation.

1. Mario shows the homepage. He explains that there will be a banner of IBF news. There will also be another banner for IBF stories, which is a project of Robin's. Mario is writing a support manual for all the functions. There will also be room for pages for professional members

only.

2. Mario shows the new functions. GIC tickets will be sold on the website starting GIC 2021. Paypal will go through the German organiser. It will be much easier for professionals and schools to add events. There is also a possibility for a professional member to add the location via goggle maps or indicate if it's a recurring event. Some Wikipedia pages will be available. Also, a private social media platform will be in place: communication is possible through the website as a little IBF facebook as it were. There will be a member forum, there will be a possibility to add a professional address and via Google maps will be able to see who is where.

Due to technical problems the presentation is interrupted and Mirabai moves the meeting to the first proposal.

Proposal 1- Proposed by Krista Gilda Proposed new text regarding diversity in the Executive Team

Mirabai explains the background and reads proposed text.

The Executive Team is composed of one or two Chair(s) and any number of Officers of different breathwork modalities and/or Officers who are breathwork-neutral.

Current text: 1. The Executive Team is composed of one or two Chair(s) and any number of Officers as elected by the AGM.

Krista Gilda will answer questions.

Pippa wonders if Krista Gilda is willing to separate the text in two sentences as she feels it would be more consistent with the rest of the by-laws. Mirabai answers that this is a given since the IC always checks if the text is aligned with the by-laws.

Véro wonders what Krista Gilda means by breathwork-neutral. Krista Gilda explains that this was added by Maria to include a wider audience, not just breathwork professionals, but people who use breathwork in a more general way e.g. Maria is a teacher.

Judee likes Pippa's wording, she feels it's enough to say members of all breathwork modalities. Krista Gilda says that this is how it was phrased at first, but now feels that it is more open this way.

A call for end of discussion. (Mirabai explains the rules for end of discussion.)

Clarifying question from Adela: is there a certain number to the modalities or is there no limit.

Krista Gilda answers that she would like to see at least 2 modalities represented.

One person speaks in favour

Maria: not being a breathworker herself, she feels it 's safer to have that word in. If the IBF isn't inclusive, than who is. There are a lot of people who can offer their service to the IBF even if they are not breathwork practitioners.

One person speaks against

JoAnn: she would like to expand it, make it more international, look at the north-south situation. She would like to see it more expanded around the principle of diversity.

Vote:

Abstaining: 5

No: 1

Yes: 34

Proposal passed

At this point the technical problems are resolved and Mario and Pierre resume the presentation of the new website

3. The structure of the website is more or less the same as the old one.

4. IBF can now sell tickets for bigger events at a small fee. This has still to be decided at the AGM.

5. We're looking into a new payment gateway.

6. Re migration of membership to the new website:

members will have to renew their passwords, they will get an automated link to renew their passwords; members will also have to agree to the IBF's GDPR policy.

Questions

Véronique suggests finding a moment to announce in a newsletter what is happening with the migration of data. Geert and Mario both explain that this is already planned.

Véro also wonders what is happening with the old database. Mario explains that the old database isn't lost, it's still there. However, a decision needs to be made on what will be in the new database, to start with a clean slate.

Véro also would like to know if it is possible to register for participation in a big event e.g. World Breathing Day and she asks who the person is to talk to if we have input or needs.

Pippa answers that this is a safe and supportive system, which we already had and where we added a few new things to. The next step is to form a content team and an admin person to look after the contents.

JoAnn wonders if there are different languages available. Mario confirms and adds that there is a plug-in where we can find the translation into a number of languages. She would also like to know if there's a facebook plug-in. Again Mario confirms and adds that there will be more social media present. JoAnn wonders who the go-to person is and if there will be a button for the CBC. Mario explains that this job is almost finished. Pippa adds that there hasn't been time to realise this and that the ET will send out an email with the hope to form a workgroup that will handle the questions and that will go together with finding the person who will manage our social media. Finally JoAnn would like to know if members can be involved in the design of the website. Pippa explains how it's been a very intense six months to get the registration tool ready, now we are looking at the content and then we will work on the design: this for now is still open.

Mirabai suggests that for now it seems useful to gather ideas and send them to the ET.

Joel would like to know if an invoice will be available for members. Mario confirms that this is implemented, when a person pays for membership or renews their membership they can print a PDF invoice.

The same will apply for ticketing and the invoice will be stored.

There's a call for end of discussion. The community thanks Mario and Pierre. Mirabai suspects that the ET will invite people to share their ideas. If sometimes people were feeling they couldn't participate, they can now feel reassured that this is their invitation to participate. Geert adds that everybody is welcome now we have a structure in place.

Inda wonders if we should form a taskforce: Mirabai would like to wait for the ET's invitation.

3. Presentation GIC2021

Video from Heinz Gerd: it shows the venue and its facilities.

Mirabai and Pippa both express how much Heinz Gerd wanted to be at the GIC.

Mario will put the video on the website. Inda wonders what the prices of the accommodation will be. Mirabai feels it's better to wait for next year as prices can fluctuate and so it's better to wait.

Note*

Mirabai mentions that some IBF officers aren't present at the AGM. She wonders how the community feels about that.

Lena Kristina wonders if we could bring this up at the morning attunement.

Maria reports that people are finding it difficult to choose, it may be wise in future GICs to reserve the 11.30 slot for the AGM or some free time, so that people can be stimulated to come to the AGM.

Geert expresses that it strikes him as weird that an IBF officer would offer a workshop in that slot.

Pippa feels it's clear that there shouldn't be any breathing workshop during the time of the AGM. Maybe other things can be offered in the morning and book the 'big' names for the afternoon. She too feels uncomfortable with officers offering workshops at the same time as the AGM.

Krista Gilda joins Geert and Pippa in their feelings. She too feels that

there shouldn't be any breathing workshops at the same time as the AGM, but instead light and short activities as the days are quite full; She feels it could be better to keep the time for integration and or reserve the time for oneself.

Brigitte expresses her support for what the ET and the IC are saying. Nadja asks what is meant by the word 'officer'. The IC clarifies that this is a person within the Task Force e.g. an NR, a member of the ET, IC, Nadja adds that she felt that as a non-member of the Task Force that it wasn't her place to be here. She joins Krista Gilda in her feeling. However, she feels now that she has evolved and that we should make it more attractive for people to come.

Mirabai states that it's clear that we should have a rule that there are no breathing workshops at the same time as the AGM. Véronique adds that no lectures should be scheduled at said time either.

Judee adds that it's seems obvious to be here. Making it obligatory for people to be here, would be stretching it a bit to far, she feels. She feels that there should be max 4 events at 11.30 so that there is something for people who want it. She has no objections if it's a non-breathing event.

Igor feels that the people who are best suited to give the workshops are at the AGM. He would love to hear everybody's input. Ghislaine feels that the 11.30 slot might suit people who aren't confident to give a workshop at 3 o'clock.

Mirabai concludes that we will leave the ideas expressed with the ET to formulate a proposal.

End of AGM Day2

Welcome.

Establishing roles.

52 members, 1 non-member counted.

Mirabai opens the meeting.

1. Presentation Sweden GIC2020

This GIC's theme will be 'Exploring Consciousness'.

It will be held at Hotel Rättviks Stiftsgård from 9th to 16th August 2020 (Sunday to Sunday) in Dalarna.

Marika introduces the team: Lena Kristina, Bo, Igor, Kitty, herself and three more members in Sweden.

The team show the hotel and its facilities in a PowerPoint presentation. The venue can hold 300 people. There are different types of accommodation (single, double, triple, 4-bed and multiple-bed rooms) and a lot of activities are offered.

The venue offers a buffet with meat and vegetarian dishes. The venue promotes a non-alcoholic and drug-free policy. There's a church near the venue and a centre that works with people dealing with drug problems.

To register people can take advantage of the early bird one or the early bird two option.

The venue is easily accessible by car or train. People can take the train from the airport.

A website will be launched: www.gic2020.com and Lena Kristina will offer a few post-GIC possibilities.

Questions

Wolfgang asks if there will be internet access. Marika confirms it will be available.

Joel wonders how many single rooms the venue offers. Marika says there are 16.

JoAnn thanks the team and wonders how many brochures we can bring back with us for distribution. Marika confirms there are plenty brochures

available and they are at the disposal of the community.

There's no camping site at the venue.

Erin wonders about the possibility for off site accommodation. Marika explains that there isn't really. Igor adds that that isn't the intention, but they may consider it.

Tarmarack would like to more about the weather conditions. Igor explains it can be anything from 15° to 30°, it can be sunny or rainy. There won't be any snow, but the weather can be fickle. Mosquitos can be a problem too. Marika adds that the last two summers haven been very hot.

Ghislaine would like to know if there's a train station in the village. Igor confirms and Marika adds that the station is at 1km from the venue and they will arrange a shuttle between the hotel and the station.

Mirabai suggests bring any further questions to the team directly.

Mirabai gives a short summary of the GIC2021:

the GIC will be held from 31st July until 7th August in Landshutt. The venue is close to München airport, there's a train connection to Landshutt that takes about 30 minutes. There's any easy connection from the station to the venue by bus or taxi.

There are single and double bedrooms, internet access and the hotel has recently been refurbished.

2. Proposals

Proposal 2 - Proposed by: Geert

Proposal re Integrity Committee (additional text to by-laws)

Mirabai reads the proposal.

Proposal to add additional text as follows:

7. To ensure an IC member is neutral and objective in decision making and consultancy role, an IC member should not hold any other IBF Officer Role (like Workgroup or Project Leader, ET Member, GIC Organiser, National Representative, Ambassador or any other position).

Current Text

3.2 Integrity Committee

1. The Integrity Committee (IC) is composed of 3 members with a diverse gender representation.

2. The members of the IC are elected for a maximum term of five years with an annual reconfirmation vote during the AGM. It is recommended that only one IC member step down at a time.
3. The minimum requirement for election to the Integrity Committee is IBF membership for 3 years and attendance at 2 GICs; demonstrating an active role in the organisation or significant contribution to the IBF.
4. The IC acts as an advisory board for the Executive Team and/or as a complaints board for members (needing clarification and structure). If the IC is in consensus they have the right to block the Executive Team decisions and actions on a particular project for a maximum of one month. If the issue in question is not resolved within one month, action by the Executive Team on the project will cease and the issue will be referred to the next GIC.
5. Attempts should first be made to resolve complaints about individuals between the people concerned. If a complaint cannot be resolved satisfactorily it can then be lodged in writing with the IC. The IC will review the matter and make a recommendation. The IC will inform the person about whom they have received a complaint in writing.
6. At least two IC members must attend the GIC every year. It is highly recommended that all three IC members attend GIC every year.

Discussion

Pippa acknowledges the integrity of the IC and the experience of e.g. having organised a GIC or having been in the ET needed in case of mediation. She's not sure that having two hats on would necessarily mean a conflict of interest.

Mirabai likes the proposal in essence, but finds it too restrictive. In fact, in the case of Heinz Gerd who is an NR and member of the IC, she finds it beneficial. It's a way to know what is going on. The proposal is desirable, but needs to be clearer.

Brigitte states that with her 19 years of experience, she feels this is a very good proposal and there is always room to make exceptions. JoAnn wonders if it could be changed so that it states that the IC member might recuse himself from a vote re the field of the IC member's other function.

Geert clarifies that the intention is not to kick anyone out. He's just conscious of the fact that e.g. in the case of Heinz Gerd, as he's both an NR and a GIC organiser and a member of the IC, there might be a conflict of interest. This proposal is meant to start with future teams. And Geert agrees that it is recommended that an IC member have a lot of experience.

Krista Gilda remembers the discussion we had in Tenerife 2015 when Véronique's husband wasn't voted in. She feels that a member of the ET cannot be a member of the IC as there is a lot of potential for conflict of interest. She also understands the IC as having a member with different roles can be a matter of resources. On the other hand a lot of roles are full time jobs; Krista Gilda suggests making the proposal clearer.

Robin would like to see more common sense. If you are an IC, you should be in integrity. You cannot do two jobs, it would be too demanding. An IC member shouldn't take up other demanding roles. However, Robin shares the feeling that the wording is too restrictive.

Judee wonders if this means that Heinz Gerd would have to step down. Geert replies that this wouldn't be the case. The proposal would go into effect after Heinz Gerd steps down. Heinz Gerd will remain in the GIC council and a member of the IC. Judee wonders if you would have to be exclusive on how you serve. Geert confirms.

At this point there's a call for end of discussion. The count is 33 for end of discussion.

JoAnn asks Geert if he's willing to amend it.

Geert explains that this is not his proposal, it's a community issue. He is happy to change it if that is what the community wants.

JoAnn asks if Geert is willing to come back.

Mirabai clarifies the procedure: if Geert wants to come back with a rewritten proposal, the new proposal will be tabled for a later date.

Geert will redraw the proposal for now, rewrite it and bring it back at a later date.

Proposal 3 - Proposed by the Exec
Proposal 8: By-Laws 3.3 National representatives. Point 2.

Mirabai reads the proposal.

Current Text: NRs are elected and re-confirmed annually during the AGM.

Proposed Text: NRs are elected for a maximum term of four years, with an annual re-confirmation vote during the AGM.

Proposed Text: NRs may be re-elected for consecutive terms of service, subject to normal election procedures.

Background

There is currently no limit to the length of service following election in the National representative role. In order to bring this into alignment with the rest of the Task Force structure, we propose to specify a maximum term. This does not represent a limit, but creates an opportunity for the NR to re-affirm their commitment and for others to propose themselves for a role.

Mirabai explains that the proposal wishes to bring the NRs in alignment with the rest of the Task Force re the term of the role.

Discussion

JoAnn feels there's a general agreement although several NRs say it might not be practical because of a lack of candidates. Some countries don't have an NR. JoAnn suggests that the wording could say 'recommended', as it stands now, it sounds absolute.

Geert explains that the goal is to have an NR step down and open up the position. The open position could allow the same person or other candidates to step up. This would avoid situations like the one we had at the GIC in France where it turned out to be a difficult and painful situation for a new candidate to challenge the NR.

To conclude one person will speak for and one will speak against.

Geert: it's very difficult to step up for the role when there's already an NR taking up the position.

Julia: every year there's a reconfirmation anyway, someone can step down the. She would rather see no restrictions. For some countries it will not work because of the requirements needed to become an NR. Geert replies that the possibility to be reconfirmed remains.

Mirabai feels there is some confusion and clarifies that when you are elected as NR you will be NR for four years. However, you will be reconfirmed as NR for the following three years. After that you must step down, leaving you with the option, however, to stand up for re-election.

Julia asks if making this addition is possible. Mirabai clarifies that this isn't necessary because it's already there.

Vote:
Abstaining: 0
No: 0
Yes: 53
Proposal passed

Proposal 4 – Proposed by Matoula Proposal re Membership change 'Professional'

Mirabai reads the proposal as submitted by Matoula. The background is provided by Matoula.

I suggest the IBF accepts under the professional membership only people that are professionals - they have undergone a professional Rebirthing/Breathwork of any style training and have the credentials for it.

I suggest the rest can become part of the IBF in a different category - e.g. IBF members in a lower budget membership.

This idea requires people to upload a photo with their credentials proving the date of training and trainer as part of their Breathworkers training certificate. This will only be required once, during their first membership status on line.

Background

Currently the IBF has been accepting under the professional membership people that have not undergone a professional training, or a training to provide them the necessary credentials to have a professional membership and therefore work with others supporting

them in a professional way into private sessions, workshops and or even trainings.

I know a few people under the Professional category that they work with breathwork and are under the status of professional membership in the IBF that are currently running professional breathwork trainings without themselves having the credentials to do so as they have never gone through one themselves. There are others who claim they do professional work with others although they have never taken a professional training in any kind of Breathwork before.

I feel it is essential we start putting some lines into clear membership status according to the credentials and include the ones that are not professionals, even if they claim they work with others under the category IBF members. I find this to be clear and in integrity also for the people who are looking for a professional breathworker in their country to work with.

We also have a kind of responsibility as an IBF when we promote people without credentials and are not trained in any Rebirthing/Breathwork style as IBF professional members.

Discussion

Brigitte thinks it is an important question, it is not the first time it is submitted. The difficulty is the 'policing' of the 'professional'. She can see Matoula's point. We can still use the categorisation put in place by the GPBA: unethical behaviour can be reported to the IC. She feels that we are not equipped to enter into this discussion.

Mirabai remarks on the difficulty of discussing the proposal without the person proposing it.

Geert agrees with Brigitte, he doesn't think we're ready to implement this proposal; the IBF's current legal structure doesn't allow it and we can also rely on the disclaimer on the website.

Annette is thinking of people who are self-taught like James, would they be grandfathered in? This might become a problem.

Véro has spoken to Matoula. She feels that this is an opportunity to do something. When people register they can be presented with a form with some extra questions and possible a link to the GPBA. The ET would not have to do anything.

Robin agrees with everything that has been said. He doesn't possess a piece of paper proving that he's done training. If there's a problem, it can be reported to the IC.

Mirabai encourages the community to come to some sort of outcome. Ghislaine feels this is an opportunity to work with the GPBA, the new website could include the GPBA standards.

Adela feels that the intention of the proposal is for people to state whether they are well trained. Maybe the problem is the language, maybe the wording of the proposal can be different.

Call for end of discussion: majority votes for it.

Speaking for is Véro. She is for the proposal if it can be realised on IT level. She agrees with everything that is being said re the wording and the categories.

Speaking against is Geert. He agrees with the idea, but there are other priorities. This proposal needs a task force and a control system to follow up. The proposal needs to be different.

Vote:

No: 27

Abstaining: 22

Yes: not voted

Proposal not passed: no 2/3 majority possible

Judee suggests handing this response over to the GPBA.

Proposal 5 – Proposed by Mirabai and Pippa

Proposal re definitions.

Mirabai reads the proposal and explains background.

Proposal: That the community vote to accept each of the definitions below as working IBF definitions and that the By-Laws, GIC Manual, Task Force Manual, website and all IBF documentation are updated with the agreed upon terminology.

1.1 Conscious breathing is the practice of breathing with awareness, intention and attention to your inner experience, in the present moment. (no change from current)

1.2 Breathwork:

The experiential field of study and practice that encompasses a variety of breathing techniques utilized individually and in groups, to cultivate self-awareness and the enhancement of physical, emotional, cognitive, or spiritual well-being.

1.3 A breathworker

breathworker: A practitioner of one or more types of breathwork who facilitates others in utilizing breathing techniques for self-awareness, for the enhancement of physical, emotional, cognitive, or spiritual well-being in an individual or group setting.

1.4 Breathwork Practitioner is a qualified breathwork professional has been certified with a breathwork qualification (training and apprenticeship) that meets the minimum requirements set out by their national/international organization or training school.

1.5 Conscious Connected Breathing is a breathing pattern in which the breather intentionally connects the inhale with the exhale without any pauses. (new)

1.6 Conscious Connected Breathwork (CCB) is an experiential field of study and practice that uses conscious connected breathing and body-mind techniques to support the physical, emotional, mental and spiritual levels of being.

- Some schools of CCB are psychotherapeutic.
- There are various schools of CCB including but not limited to; Rebirthing, Holotropic Breathwork, Integrative Breathwork, Clarity Breathwork, Shamanic Breathwork and Transformational Breath.
- The emphasis placed on different components of the session, as well as different theoretical and spiritual frameworks, determines the distinctions among the various schools of CCB.

1.7 A Conscious Connected Breathwork Practitioner is a qualified breathwork professional who facilitates individual and/or group sessions. They are certified with a conscious connected breathwork qualification (training and apprenticeship) that meets the minimum requirements set out by the global professional breathwork alliance.

Background

Currently the IBF has agreed upon definitions for conscious breathing and breathwork.

Since GIC 2016 there has been a consultative process throughout the breathwork community with the intention to establish agreed upon definitions for Conscious Connected Breathwork, Breathwork Practitioner and Breathwork Professional.

During the course of these deliberations, it became clear that the term Breathwork now represents an umbrella term and no longer applies only to rebirthing modalities of conscious breathing. This has implications not only for the definition of the modality that we share, but also for the identity and purpose of the IBF (International BREATHWORK Foundation) itself. IBF was founded as a community for those practicing and teaching conscious connected breathwork (rebirthing and its derivatives). In alignment with its core values, IBF has embraced all forms of breathwork and conscious breathing. There is some feeling in the community that the core foundation and origin of IBF as a rebirthing (CCB) community is being lost.

In May 2018, a consultation between Mirabai (who was leading/holding the space for this consultation), Rabia and several others led to the

necessary acknowledgement that 'breathwork' is now an umbrella term and no longer represents rebirthing (CCB) alone.

It was proposed that the IBF seek to define Conscious Connected Breathwork and Conscious Connected Breathwork Practitioner instead and this was left in the hands of the ET.

Pippa with the support of the ET set about compiling a series of working definitions based on the existing work and consultation conducted since 2016. The intention is to state clearly the definitions for the purposes of the IBF.

Discussion

Brigitte feels it's confusing and wants simplicity in this matter.

JoAnn acknowledges the work and remarks that she has encountered people who say they are into breathwork, but it turns out to be yoga. Mirabai responds that the yoga instructor can call himself what he wants, we know what we mean. If the yoga instructor meets the requirements of the definition, then he is a breathworker. JoAnn is willing to correct her own understanding.

Mirabai states that there is a requirement to define what we do. We as a community know what we mean, but there is a need to distinguish ourselves, so we can be clear on the website for example.

JoAnn wonders if it's a requirement to uphold the GPBA 's categories, if we can join them. Mirabai responds that it is not a requirement.

Judee finds it confusing as a veteran breathworker, she too acknowledges the work done, but would feels a need to redefine.

Mirabai explains that this a new version and that this is an adjustment for us. She is curious to know if there's an evolution from the GPBA's to the IBF's standards. She would like to make it more inclusive.

Véro mentions that we had already worked on a simple definition that the general public would understand; She wonders if the GPBA have made a distinction between practitioner and breathworker.

Judee responds that that wasn't necessary and she feels that there

needs to be an update in the GPBA's categories.

Call for end of discussion: majority wants to continue the discussion.

Rabia remarks that breathwork and breathworker are not in the dictionary. He would love to see the community embrace this proposal. He would like to see these words in a dictionary: the details can still be found in the GPBA's standards. People who want the details will look them up, he urges people not to get caught up in the details.

Igor honours everybody and agrees with Rabia. He too feels the need for a term that can go in a dictionary.

Call for end of discussion: majority wants to continue the discussion.

Mariët requests more explanation.

Pippa responds that the IBF has existed for 25 years. There's a new website and there are no definitions. If we accept these definitions, it doesn't mean they will stay this way forever. The intention of the definitions also concern Matoula's proposal: how can we decide if we don't know what we mean? There is a real need for this. Our organisation refers to the GPBA, where we should be building our own foundation.

Call for end of discussion: majority wants to end the discussion.

Speaking in favour Maria:

Maria feels that there is a real need in the community and the IBF to have some definitions. She feels that as the leading networking organisation re breathwork it's a pity that there is no agreement on what it is and that there are no definitions. She feels that the breathworkers should help her and anybody who isn't a professional or practitioner with their guidance and wisdom and to her, these definitions seem like a step in this direction. She thinks that people who are looking for information re breathwork and come to our website, are not looking for the history of breathwork, they want to be helped and want a basic definition. She feels that these definitions can be seen as a

starting point, a benchmark, a 'radius of an ever expanding circle', a guideline that offers people a way into the IBF, breathwork and our community.

Speaking against Annette:

Annette is in favour of the definitions but feels that the grandfather clause should really be in there. The people who have been practicing breathwork for a very long time and have their own modality need to be acknowledged too.

Vote:

Yes: 43

No: 0

Abstaining: 2

Proposal passed

End of AGM Day 3

27.06.2019	AGM Day Four
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Mirabai opens the meeting and states the agenda of the day.

45 members and 1 non-member counted

Resuming proposals

Proposal 6 - proposed by Geert

Proposal re cumulation of roles as IC member rewritten by Geert and Krista Gilda.

Mirabai reads the proposal.

Proposed text:

To ensure that an IC member is neutral and objective in decision making and consultancy role, an IC member should not hold another IBF Officer role as Executive Team Officer, GIC Organiser or Workgroup Leader. If an IC member is holding another IBF role like Ambassador, National Representative, Team Member of workgroup, or any other, the IC Member has to step down, either temporarily or definitively, when there might be a conflict of interest or the IC Member has to step out of the other role."

Discussion

Mariët has a question re the version being shown on screen, Mirabai explains that the correct version is with her and not shown on screen.

Ghislaine feels that the 'conflict of interest' wording leaves too much room for discussion, she feels it would be better if that wording would be left out. She also wonders what is new about the proposal.

Mirabai explains that the fact that this proposal would 'recommend' the procedure rather than make it mandatory is new.

Pippa states that she trusts the self-moderation of a member, the conflict of interest could occur if one member is an NR and a GIC organiser. She feels that the second part needs a vote.

Mirabai clarifies that the proposal will not be changed and stands as is.

Vote:

Yes: 38

No: 0

Abstaining: 7

Proposal passed

Proposal 7 – proposed by Brigitte Proposal re crowdfunding

Brigitte clarifies the proposal and Mirabai reads the proposal.

Proposed new text: Work group leaders and Project leaders (or their representatives) are empowered to use crowdfunding initiatives on behalf of IBF in order to support their projects.

Background

Present situation: Project leaders and their team members need to apply to the Breathwork Development Fund to finance their projects. With the foreseen development of these projects, e.g. sending volunteers to teach Coherent Breathing for Trauma Recovery to the refugees, we would like to have the possibility to contribute directly to the BDF in a significant way ourselves.

Discussion

Daniëlle wants to be clear that the proposal is about crowdfunding and not sponsoring. She wants to know if Brigitte would consider sponsoring by a private bank.

Brigitte explains that now it's anonymous now, they don't know what to give in return.

Geert wonders about procedures, practical and ethical aspects. Would we accept money from the drugs mafia? And would they launch a crowdfunding for each project?

Brigitte confirms that there are a lot of details to be solved, she wants to save Pierre some work and looking at crowdfunding websites, it looks very easy. At the same time Brigitte is looking for someone who would volunteer to do the crowdfunding for the projects.

Véro and Inda ask for more clarification re this role. Brigitte explains that they need someone who would get the crowdfunding going.

Pippa loves the energy of this, but she would feel more comfortable if the Workgroup Leaders were involved since they are elected by the community. She wonders if the money would come into the Breathwork Development Fund, because the procedure would remain the same. Brigitte explains that the money would not go to the BDF, it would go directly to the project itself.

Pippa feels that the proposal would need more discussion in a support team.

Véro feels that this way the application procedure through BDF could be avoided. Geert explains that this project has not been budgetted, but others things have e.g. the website, legal advice,.. and Pippa adds that the application procedure could be simplified.

Marie-Thérèse remarks that you could find a professional fundraiser, who takes a percentage for the work.

JoAnn feels there could be a task force to figure out this discussion, she feels this is a way of asking a blessing for going on this way of action and she would take out the word 'crowd'.

Inda wants to know if this is going into the BDF.

Brigitte explains that they want to start small, see how it goes and then take it from there.

Call for end of discussion: majority wants to end the discussion.

Speaking against is Pippa:

She feels the essence is ok, but if this text is intended for the By-Laws, it needs to be refined some more. She asks the mandate to come back next year with a more detailed proposal.

Brigitte explains that this is not an item for the By-Laws, but merely a seeking for permission to start and to find someone to help with the crowdfunding.

Mirabai adds that this proposal is not going into the By-Laws, but is just meant to work this year.

Nobody speaking for.

Vote:

Yes: 41

No: 0

Abstaining: 6

Proposal passed

Proposal 8 – proposed by ET

Proposal re By-Laws 1.2 Membership Benefits: Point 5.

Mirabai reads the proposal.

Proposed Text: Members also receive: The IBF Members discounted rate on their Global Inspiration Conference fee.

Current Text: €50 discount on the Global Inspiration Conference fee.

Background

In order to reflect the true situation regarding the IBF members discount for GIC fee, we propose to change the wording of point 5. In 2019 and 2020 the discounted rate has been more than the membership fee/€50 discount currently stated. The discount is adjusted each year in order to maintain a stable GIC fee for members from year to year.

Geert explains the proposal.

The ET feel that in reality the difference between members and non-members is more than 50 euro, we would like to see more flexibility: the discount can be more if we can honour members this way.

Discussion

Krista Gilda wonders if the GIC organiser can decide on the discount.

Geert answers that it should be in consultancy with the ET to help keep it attractive for members.

Marika feels that the idea started to encourage people to come to the GIC.

Geert adds that, in the face of rising GIC fees, it is important to keep members' fees low, but still find a way to have some compensation for the members.

Vote:

Yes: 46

No: 0

Abstaining: 1

Proposal passed

Proposal 9 – proposed by ET
Proposal re By-laws 1.2 Membership Benefits & Update GIC
Manual Finances: Conference Fee (p14)

Mirabai reads the proposal.

Proposed Text for By-Laws and GIC Manual:

To qualify for IBF Member discounted GIC fee a member must subscribe at least 6 months before the start date of the conference that they plan to attend. All new members joining the IBF after that deadline will pay the full conference fee.

Background

In order to ensure that all GIC registrations claiming an IBF Member discounted GIC fee are registered as a Member we have commissioned a new database which integrates the membership and GIC registration platforms. This means that only GIC registrations with currently active membership will be able to benefit from the Membership discounted rates for the upcoming conference.

Currently the guidance about GIC fees in the GIC Organiser Manual states:

- In order for a current or past member of IBF to receive a 50 euro discount on the GIC fee, their membership must be active and paid up on 28th February (end of our financial year) preceding the GIC. New members can obtain the 50 euro discount if joining up to 2 weeks before the start of the GIC. A non-IBF member who chooses to become a member during the GIC, will pay his/her membership and will benefit from the reduced GIC fee the year after.

The proposal is to clarify the deadline for Joining IBF as a member in order to benefit from the Members rate for an upcoming conference. We want to avoid misuse of the IBF Member discount and to honour our community of members. We also want to consider the possibility of

multiple events each year and therefore propose the following additional text.

Geert explains the background.

Even if you become a member a week before the GIC, you can still enjoy the discount. In a time that we are looking at the possibility of having more than one IBF event a year, the ET feels that it is worthwhile looking at how we give discounts.

Discussion

Véro feels that six months is a long time to put the limit at.

Brigitte supports the proposal, but wonders if this is about IBF members, which Geert confirms.

Call for end of discussion: majority votes against.

Nadia doesn't support the proposal: she has brought new members to the GIC who decided very late to come to the GIC. Getting the discount was a real incentive for the new members to sign up. She feels by limiting the time frame, the incentive to bring new members is taken away from the NRs.

Marika agrees with Nadia. You gain new members through the GIC. Because GICs are so special, they're difficult to explain to new people. She also feels that it would be nice to have a reminder on the new GIC website for a membership renewal.

Joel doesn't understand the proposal and would like some more clarification. He was giving people the benefit of the discount to new members as late as one week before the GIC. He doesn't see the point in limiting the period.

Geert feels the proposal would make it fairer to existing members.

Pippa explains that the GIC will become more expensive if we stick to the 50 euro discount.

Mario joins the discussion with information that he feels could change people's minds. Since the website has been built, active members have

a different login to the GIC ticketing system than non-members. Now only an active member can get a discount. If we change the system now, it would cost the IBF more money than it would save. This proposal isn't possible for the way the website is built now and Mario isn't prepared to change the website.

Mirabai intervenes and reminds the community that we need to allow the ET to consider the remarks and make the necessary changes.

Call for end of discussion: majority votes for end of discussion.

Geert and Pippa change the proposal: 6 months becomes 3 months.

Mirabai reads the adapted proposal.

Speaking against is Ghislaine:

She likes the freedom of the GIC and the IBF. She feels the ET is shooting itself in the foot with this proposal.

Speaking for is Pippa:

It's true that we see a spike of new members before the GIC, but they don't tend to renew. We are trying to honour the members by keeping the fees low. If the community doesn't want the fees to rise, we need some compensation. The question is whether we are trying to populate the GIC or the community.

Vote:

Yes: 7

No: 28

Abstaining: 14

Proposal not passed

End of proposals

Start of nominations/ reconfirmations / elections

Mirabai starts with the Executive team.

The Executive stands as last year: Geert as chair, Pierre, Maria, Pippa and Fabienne represented by Dominique. **RECONFIRMED**

Next is the IC: Mirabai and Heinz Gerd are reconfirmed. Lena Kristina is stepping down and takes the opportunity to thank the community.

Nominations for the open position in the IC: Mario, Adela and Krista Gilda.

Marika asks for clarification regarding the role.

Mirabai explains that an IC member should have attended a number of GICs and served the community. The IC consists of three members and should be gender diverse.

The nominees introduce themselves.

Mario lives in Switzerland and this is his third GIC. His nomination is a spur of the moment thing. Mario states that ethics and integrity are very important to him.

Adela explains that she has been holding the question of where she can best serve. She feels deeply called. Integrity had been the cornerstone of her life: as a daughter of political refugees she has had a clear example of what someone sometimes needs to do. She finds herself holding this role in her work as a psychotherapist. She wants to bring her skills and her whole heart, she wants to work at the By-laws with clarity. She has the willingness to answer a lot of questions and happy to inform herself to understand and embody that role. Geert wonders how long she's been in the IBF. Adela explains that her first GIC was in 2013, she lives in the USA and she has a European background.

Krista Gilda explains that last year in France she felt this calling. She sees her role with her skills and character the best in the IC. She talked to both Mirabai and Lena Kristina, so she is prepared. The calling seems evens stronger this year. Her first GIC was in 2012 and she helped organise the GIC in Austria in 2017. She has been of service as a German translator of the CBC manual. She is currently in the admin team of Atman. In Atman there is no IC, so as a president she needs to make sure that the organisation stays in integrity. She has been a breathworker since 2003. She guides people in their personal development and she is capable of finding solutions for insolvable

problems.

Mariët wonders in which modality Adela has been trained. Adela responds that she is trained in the rebirthing modality. She is also trained in the shamanic and somatic work and she uses a lot of breathwork in her practice.

Gabriella asks the three nominees if they are currently in any roles that might be in conflict with their work as member of the IC.

All three nominees confirm that there are not.

Vote:

Krista Gilda: 32

Adela: 12

Mario: 2

**Krista Gilda is elected as the
new IC member**

Krista Gilda addresses the community and says she is at a loss for words, she is thankful for the trust. She will give her best. She thanks the community and Lena Kristina for being her mentor since her first GIC in Belgium.

Mirabai moves on to the workgroup leaders.

Brigitte for the UN-group, JoAnn for the CBC and Ela for the Scireg group are all reconfirmed.

A new nomination: Véronique is nominated as workgroup leader for the group around World Breathing Day. Majority votes for Véro.

Véro is elected as workgroup leader.

Next up is the group of NRs

The following NRs were reconfirmed:

JoAnn for Canada;

Gabriella for Italy;
Daniëlle for Belgium;
James Craig for UK;
Wilfried for Austria;
Lubov for Ukraine;
Nadia for Ireland;
Joël for France;
Kitty for Sweden;
Viola for Cyprus;
Silke for Spain;
John represented by Maria for Malaysia and Singapore;
Elo for Estonia;
Nevsah for Turkey. Judith objects to Nevsah's nomination and proposes
Nilgul. Nevsah is reconfirmed;
Alisha: Mexico;
Blanca-Maria: Switzerland;
Heinz Gerd: Germany;
Kenneth: China;
Sam: Lebanon;
Matoula: Greece;
Omar: Middle East;
Mihaela: Bulgaria;
Dieudonné: Gabon;
Vincent: Kenya
Sanghamitra: India;
Lauren: USA (East);
Ghislaine: Australia;
Manal: Quwait;

The following NRs were elected:

Lisa for central Canada;
Adela for west coast USA;
Christine: Gambia;
Ela for South Africa;
Lilian for the Netherlands.

Ambassadors.

Inda is reconfirmed and Ana, who proposed herself, is elected.

End of election and reconfirmations

Nominations for GIC 2022

Griet nominates Cyprus, Viola accepts the nomination. Viola has organised the GIC in Venezuela in 2002 and her husband Michael organised the GIC in 2000. Cyprus is a small island with economic and political conflicts and she works for unity, bringing the breath to unite north and south. She honours Marie Rose and expresses her confidence to organise it. Ingrid would like to help her.

Discussions and questions

Judee would like to move out of Europe after the GICs in Sweden and Germany and go into the southern hemisphere. She would like to hold space open to get us to another place on the planet.

Inda reminds the community that Kenneth wanted to bring the GIC to China and wants to know if this is still on the table. Joël has checked with Kenneth and he has withdrawn his nomination.

Julia praises the GIC in Venezuela and puts a lot of trust in Viola. Gic has never been to Cyprus, her hope is that the prices will be reasonable.

Prema agrees with Judee and has had a conversation with Cristabel to bring the GIC to Bali; Mirabai has spoken to Cristabel, they went through the GIC manual and Cristabel doesn't meet the requirements.

Marika feels that we have to face reality and remarks that there are no other countries from the southern hemisphere that are being nominated and you do need three years to plan.

Christine reminds the community of the GIC in Tenerife where Kenya was nominated, she would like to ask them if they are willing to stand up at this time.

Ana agrees with Judee. Silke and Ana have proposed Bali in Austria, but were not elected. Now she doesn't feel the nomination. She is willing to do a constellation to see if it feels good. She might change her mind if she feels the support.

Judee has a good feeling about going to Bali. It could bring people in from New Zealand, Australia, China. She is willing to mentor Cristabel coming from the GIC council herself.

JoAnn states that maybe it won't be Cyprus in 2022. She reminds the community that it was we did discuss taking the GIC out of Europe every three years. Anthony has incredible connections there, we can enjoy the Bali spirit and she reaches out to Judee and others for Bali.

Viola remarks that she is at the service of the community and that she isn't attached to her nomination. She is willing to help anybody. She further remarks that although Cyprus is in Europe, the energy is Middle Eastern. However, if it is Bali, she will step down.

Mirabai clarifies that at this point there is one proposal only. At this point a proposal arises from Ela.

Ela nominates South Africa. She says it isn't a logical decision. She knows the GIC was in South Africa only three years ago and she honours Marie Rose for her GC there. Since then the breathwork community has exploded. Africa is so wounded and people are being called to the breath. Ela works near the cradle of human kind outside of Johannesburg and she is building a retreat centre. She feels that the GIC needs to be in Africa.

Mirabai feels that out of fairness for Ela questions can be asked about these nominations.

Ingrid supports Cyprus, it's quite close to the Middle East and feels that this is a good idea.

Lilian stood up last year for the Netherlands. It seemed obvious to nominate the Netherlands again this year. If elected, it would take the GIC to Europe for the third year in a row. She therefore withdraws her nomination making space for another country.

Ghislaine stands up on behalf of Australia. However there are two things she feels impede a GIC in Australia: one is the weather, the other is the cost. It's quite expensive to go to Australia. Maybe if Bali is elected, Australia can help organise.

Mirabai adds that Australia doesn't feel support and she feels there's a lack of energy to come and visit us. She doesn't feel people would come.

End of discussion

Mirabai announces the agenda for the last day:

- the AGM will make room for clarifying the current proposals and then voting for the GIC 2022.
- some suggestions for new workgroups;
- online events;
- expressing breathwork through art;
- other topics if possible.

End of AGM Day 4

28.06.2019

AGM Day Five

Mirabai opens the meeting and welcomes the participants. The agenda for today will focus on the nominations and the voting for GIC 2022, remaining proposals and will then move into working/discussion groups re different areas of interest for the IBF.

56 members and 4 non-members counted.

Nominations for GIC 2022

JoAnn speaks for Vincent who is nominating Kenya. The GIC would be held at a venue called Brackenhurst. Information is available at www.brackenhurst.com.

JoAnn phones Vincent and he tells us that the goal is to spread breathwork in Kenya. The venue offers accommodation to 300 people. There is accommodation near the hotel (1km) with single rooms. The intention is to organise transportation for people staying there. The venue is 90 minutes away from the airport of Nairobi and close to a national park. Vincent has the support from Inda and Ela and Vincent feels the solid support.

Judee is nominating Bali. She has discovered that she wants to organise the GIC in Bali. To Judee this was an amazing and unexpected realisation. She feels it is the perfect trajectory to move to southern hemisphere. This awareness is really grounding in her. She assisted Joël last year in organise the Gic in France last year. Judee has a deep affinity with Bali. She has checked in with friends who have offered support and she knows a lot of how successful a team can be. At this point the team come forward and the Australian crew are also willing to help. A GIC in Bali can make the GIC available to New Zealand, Australia, China and other countries and it would be in a place that is deeply nourishing and spiritual.

Viola steps down to give space to Bali or Kenya. She will support the outcome of vote.

Discussion

Maria asks which month the candidates have in mind. Both Judee and Vincent name July.

Mirabai asks whether they are aware of the responsibilities as a GIC organiser. Mirabai remarks on the fact that the IBF has felt as a visitor of the GIC whereas the GIC and the IBF should be in union, in a marriage as it were. She asks whether the candidates how willing they are to have an IBF GIC and not a GIC where the IBF is invited to.

Judee replies that she is 100% committed to having that marriage work, she feels she can do it out of her love for the IBF. She would like it to be seamless. She is aware of the conditions of the GC manual.

Vincent is aware of the GIC manual, but has not seen it yet. And yes, he feels that when organising the GIC it should be the IBF and he is willing to do it together.

Krista Gilda offers a thought for the community. She feels it is important that there is a win-win situation for both the IBF as the country organising the GIC. She wonders who needs the most support for the local people, where does the local population need it the most.

Judee understands Krista Gilda. She asks the community to consider that even though Bali is a breathwork mecca, it could still need our guidance and support from our elders. She feels it might be the perfect place to bring IBF in balancing and grounding breathwork in that part of the world. She states that people should not get caught up because it's Africa into thinking that we have to be there. She feels we're not on a mission to save the world, breathworkers are taking good care of themselves.

Ela responds for Kenya. She feels that the reason to support a GIC in Africa is not because Africa is disempowered or because we are pro Africa or because Africa is wounded, but because Africa has wisdom and is ready to speak and breathe and roar.

Véro wants to acknowledge what Krista Gilda said. We are voting for two things we need more details for. She adds that it would be nice to complete the seed we planted in Africa in 2008.

Ana remarks that by bringing the GIC to Bali, we are bringing the GIC close to India, China, Singapore, Australia,.. She also wonders if the mission of the GIC is to bring something good for the country or for breathwork. She remarks that for some people July is the worst time of the year to attend a GIC.

Call for end of discussion: majority wants to end the discussion.

Speaking in favour of Bali is Cristabel:

She has been living in Bali for 6 years, headlining in events. There is a thriving community who want to be taught. It's a place to grow our membership. IBF have never been there and there are young people who want to be part of a bigger community.

Speaking in favour of Kenya is JoAnn:

Vincent has been a member since 2008, it's the third time he's nominating Kenya. She feels that we have evolved as a community and that Vincent is a man on the ground. She feels this is about the completion of a mission at the heart of us, uniting and inspiring.

Mirabai remarks that we have no info about visas, places and so on.

Igor responds that Mirabai's remarks might influence the vote. Mirabai replies she wants to express her concerns.

Vote:

Kenya: 39

Bali: 24

Kenya elected for GIC2022

Working/discussion groups

Mirabai invites the community to join one of the discussion groups to collate and discuss ideas and brainstorm on everything that can generate food for thought. The ET announces that they are open for new ideas and anyone who is willing to serve on the EST.

The following groups are formed:

- CBC headed by JoAnn;
- Expression of breathwork through art forms headed by Gabriella;
- Working with the GPBA to have standards on the IBF website headed by Ghislaine;
- Activities with UN-group headed by Brigitte;
- getting breathwork included in health insurance headed by Mario;
- World Breathing Day headed by Véro;
- Research re effects of breathwork, Scireg, marketing and social media headed by Vila and Ela.
- GIC-group.

Mirabai thanks the community for their participation and welcomes new members.

End of AGM

Attachment:
Proposals discussed with IC – no voting required
Notes provided by Pippa

IBF Executive Team Proposals for AGM 2019:

Proposal 1: GIC Joint Venture Agreement

The GIC has been running for 25 years. It is a central element of the IBF networking platform, providing a place for our community to convene, share and grow. It is also the home of the IBF Annual General Meeting and central to the continued life of our organisation.

Since 2016 the IBF has been evolving its structures in order to better support the GIC Organiser(s). The creation of the GIC Council has created a platform for the Executive Team, the out-going GIC organiser and the 3 future GIC organisers to convene and share. The intention is to promote transparency, learning, efficiency and continuity between consecutive conferences.

Part of this evolution involved the development of the GIC: IBF Joint Venture Agreement. This was intended as a kind of contract to be entered into by the Executive Team and the elected GIC Organiser(s) formally agreeing to co-create their conference in accordance with the guidance and recommendations outlined in the GIC Manual and IBF By-Laws at the time of their election. This agreement also formalises the agreed gross profit share that the GIC Organiser will pay to the IBF before tax is paid at the end of their event.

It has become clear that the term 'Joint Venture' is mis-leading in this context as it has legal implications far in excess of the original intention of this document.

➤ **Proposal 1: To change the name of the 'GIC: IBF Joint Venture Agreement' to 'The GIC Co-Creation Agreement'**

Has anything else changed? Is this purely a legal requirement, and are there any consequences for this change?

If its required and the consequences are nil, then no it doesn't need to go to a vote.

No vote required. Plan to document this decision in AGM minutes for transparency.

Proposal 2: The addition of a recommendation to the GIC Manual regarding GIC Event Insurance.

The issue raised by GIC 2020 at the GIC Council is that if IBF seeks to retain 35% profit share, it should also accept 35% of potential losses. This issue has been discussed at length by the GIC Council and the following conclusions reached:

1. The GIC Organiser position is a voluntary role which provides a unique opportunity to grow Breathwork in your own country and serve your community.
2. The reward for the GIC Organiser is 65% of the profit of the GIC, promotion of Breathwork, Conscious Breathing and their own modality in their country, the opportunity to co-create their vision benefitting from the accumulated experience and support of all preceding GIC organisers and the IBF executive team.

3. The 35% Royalty Fee is paid to IBF in lieu of Publicity and Recruitment, website provision, booking system provision, financial and organisational support throughout the production of the event.
4. The IBF as an organisation is not in a position to obtain events insurance for each individual GIC. The IBF is also not involved in many core decisions in the creation of the conference. It is dependent upon the GIC organiser being transparent throughout their process. The ET cannot therefore recommend that accepting 35% liability for a financial loss is an acceptable risk for the organisation.

➤ **Proposed text to be added in GIC Manual:**

The ET recommends that all GICs should obtain event insurance which would protect the GIC organiser against financial losses in the event of cancellation.

**No we don't consider it needs to go to a vote
No vote required. Plan to document this decision in AGM minutes for transparency.**

Proposal 3: By-Laws 1.2 Membership Benefits: Point 5.

In order to reflect the true situation regarding the IBF members discount for GIC fee, we propose to change the wording of point 5. In 2019 and 2020 the discounted rate has been more than the membership fee/€50 discount currently stated. The discount is adjusted each year in order to maintain a stable GIC fee for members from year to year.

Current Text: €50 discount on the Global Inspiration Conference fee.

➤ **Proposed Text:**

Members also receive: The IBF Members discounted rate on their Global Inspiration Conference fee.

Clarification provided at ET:IC Meeting 11/6/19. That the member discount applied to all IBF members (member/professional) is adjusted by the GIC organiser in consultation with the ET in order to try and maintain GIC conference fee in alignment with the previous year. As costs of producing the conference increase annually, this has been achieved by increasing the cost of the conference for non-members and results in the IBF Member discount being significantly greater than the minimum 50 Euro stated in the ByLaws. Without this approach the conference fee will increase from current level by an estimated 75-100 Euro. The 50 Euro minimum remains in the guidance within the GIC Manual, but this statement in the ByLaws does not accurately represent what is happening. Changing the wording provides freedom for the ET to negotiate the best possible rate for the members, in alignment with the previous year's GIC fee.

Awaiting feedback from IC

Proposal 4: By-laws 1.2 Membership Benefits & Update GIC Manual Finances: Conference Fee (p14)

In order to ensure that all GIC registrations claiming an IBF Member discounted GIC fee are registered as a Member we have commissioned a new database which integrates the membership and GIC registration platforms. This means that only GIC registrations with currently active membership will be able to benefit from the Membership discounted rates for the upcoming conference.

Currently the guidance about GIC fees in the GIC Organiser Manual states:

- In order for a current or past member of IBF to receive a 50 euro discount on the GIC fee, their membership must be active and paid up on 28th February (end of our financial year) preceding the GIC. New members can obtain the 50 euro discount if joining up to 2 weeks before the start of the GIC. A non-IBF member who chooses to become a member during the GIC, will pay his/her membership and will benefit from the reduced GIC fee the year after.

The proposal is to clarify the deadline for Joining IBF as a member in order to benefit from the Members rate for an upcoming conference. We want to avoid misuse of the IBF Member discount and to honour our community of members. We also want to consider the possibility of multiple events each year and therefore propose the following additional text.

➤ **Proposed Text for Bylaws and GIC Manual:**

To qualify for IBF Member discounted GIC fee a member must subscribe at least 6 months before the start date of the conference that they plan to attend. All new members joining the IBF after that deadline will pay the full conference fee.

Finance team: could you please explain a little bit to us, including implications? Discussed at IC:ET Meeting 11/6/19. This proposal intends to promote early bird registration for the GIC, especially for new members and to increase IBF membership. It recognizes that with the current structure, maintaining low GIC fees for IBF members means that the GIC organiser carries a larger risk for the conference as they are dependent on non-members paying the full conference fee in order to finance the event. This change acknowledges existing members for their ongoing support, with a larger discount (keeping the GIC fee as low as possible for the community) and those that register and attend for the first time are encouraged to return the next year, where they benefit from the membership rate. The intention is to create fairness and sustainability of the IBF member GIC fee rate for the IBF community and recognise that the GIC provides excellent value for its non-member conference fee.
Awaiting feedback from IC

Proposal 5: By-laws 4.0 The Decision Making Process: AGM Accessibility

The ET are aware that due to financial constraints and the real and environmental costs of international travel, some members may not be able to attend the AGM. We believe that this should not stop a current member from participating and contributing to the AGM and propose the following to address this.

We request the IC to consider the following proposal ideally for electronic voting in the coming weeks. We are not certain that the internet capability for this action will be possible at GIC 2019, however we feel that this proposal reflects the needs of our members and is reasonable within the capabilities of current technology.

We propose to pilot this (IF POSSIBLE) providing a zoom link for Fabienne and Heinz-Gerd to attend the AGM this year to test the system and explore how this might work in the real environment of the GIC.

- **Proposal 5.1: The AGM should be accessible remotely for Members/Professional Members to attend. (Remote AGM Attendance)**
- **Proposal 5.2: Those Members attending the AGM remotely should have the facility to vote (Remote AGM Voting)**
- **Proposal 5.3: The GIC Venue should have a reliable and sufficient internet connection and appropriate audio-visual equipment within the main meeting room, to support live video-conferencing during the AGM.**

This proposal is to go to the AGM for voting with more information about how it is likely to be made possible; we are def open to piloting this in the USA to see how it goes for HG and Fabienne.

Discussed at ET:IC Meeting 11/6/19. Plan to inform community on Day 1 of AGM. Pilot on available days toward the beginning of the week with HG (24th & 25th) & FD (24th & 26th). Reflect on learning from the pilot with HG & FD and create guidelines during GIC to support vote at the AGM.

Proposal 6: Breathwork Definitions: For publication on Website & Inclusion in By-Laws Introduction

IC feedback on original proposal provided.

ET revision and new proposal below and sent separately:

Currently the IBF has agreed upon definitions for conscious breathing and breathwork. Since GIC 2016 there has been a consultative process throughout the breathwork community with the intention to establish agreed upon definitions for Conscious Connected Breathwork (CCB), Breathwork Practitioner and Breathwork Professional. During the course of these deliberations, it became clear that the term Breathwork now represents an umbrella term and no longer applies only to rebirthing modalities of conscious breathing. This has implications not only for the definition of the modality that we share, but also for the identity and purpose of the IBF (International BREATHWORK Foundation) itself. IBF was founded as a community for those practicing and teaching conscious connected breathwork (rebirthing and its derivatives). In alignment with its core values, IBF has embraced all forms of breathwork and conscious breathing. There is some feeling in the community that the core foundation and origin of IBF as a rebirthing (CCB) community is being lost.

In May 2018, a consultation between Mirabai (who was leading/holding the space for this consultation), Rabia and several others led to the necessary acknowledgement that 'breathwork' is now an umbrella term and no longer represents rebirthing (CCB) alone. It was proposed that the IBF seek to define Conscious Connected Breathwork and Conscious Connected Breathwork Practitioner instead and this was left in the hands of the ET.

Pippa with the support of the ET set about compiling a series of working definitions based on the existing work and consultation conducted since 2016. The intention is to state clearly the definitions for the purposes of the IBF. These include: conscious breathing, breathwork, conscious connected breathing, conscious connected

breathwork and going on to propose definitions for breathworker and breathwork professional.

The reason for defining both breathworker and breathwork professional is to acknowledge that:

The term breathwork practitioner (previously used throughout the IBF structure)

a) does not distinguish between a person that practices conscious breathing for their own personal development AND a person who teaches/shares this work with others

b) does not distinguish a person who teaches/shares breathwork with others who DOES have a qualification from a breathwork training that meets the minimum requirements set out by the GPBA guidance recognized by IBF from a person doing this who DOES NOT have that qualification.

For example: A yoga teacher may call themselves a breathworker or breathwork practitioner, but may not have studied sufficiently into Pranayama to call themselves a breathwork professional. This is a critical distinction for the IBF and its professional members, particularly in relation to certification as a CCB professional.

While IBF does not check qualifications – it feels important that IBF is clear about the training and professional/ethical standards that it promotes and the ET feel it is therefore important to clarify these terms.

The recommendation to define breathworker and breathwork professional in addition to ‘conscious connected breathwork professional’ is to honour and reflect that it is possible to be a professional (having completed a training with the minimum requirements set out in the GPBA guidelines) in many breathwork modalities that do not fit into the conscious connected category of breathwork. Eg Wim Hof, Holotropic, Shamanic. This reflects the current nature of the IBF as an international BREATHWORK foundation – inclusive of ALL breathing modalities and schools.

What is your proposal? *(Please specify how you would like to have it)*

Proposal: That the community vote to accept each of the definitions below as working IBF definitions and that the By-Laws, GIC Manual, Task Force Manual, website and all IBF documentation are updated with the agreed upon terminology.

1.1: Conscious breathing is the practice of breathing with awareness, intention and attention to your inner experience, in the present moment. (no change from current)

1.2: Breathwork is an umbrella term describing a wide range of conscious breathing practices which promote awareness, self-regulation and deep personal transformation with the intention of enhancing inner peace, health and wellbeing. (umbrella term is an addition)

1.3: Conscious Connected Breathing is a breathing pattern in which the breather intentionally connects the inhale with the exhale without any pauses. (new)

1.4: Conscious Connected Breathwork (CCB) is an experiential field of study and practice that uses conscious connected breathing and body-mind techniques to support the physical, emotional, mental and spiritual levels of being.

- Some schools of CCB are psychotherapeutic.
- There are various schools of CCB including but not limited to; Rebirthing, Holotropic Breathwork, Integrative Breathwork, Clarity Breathwork, Shamanic Breathwork and Transformational Breath.
- The emphasis placed on different components of the session, as well as different theoretical and spiritual frameworks, determines the distinctions among the various schools of CCB.

(this is the definition finalised by the long consultation that Mirabai oversaw within the community)

1.5: A Breathworker is a breathwork practitioner who teaches conscious breathing to promote awareness, self-regulation and deep personal transformation in their clients with the intention of enhancing inner peace, health and well-being, but has not completed a formal breathwork qualification (training and apprenticeship) that meets the minimum requirements set out by the global professional breathwork alliance.

For example; Many Yoga teachers are breathworkers, but are not qualified Breathwork Professionals. (new)

1.6: A Breathwork Professional is a qualified breathwork practitioner who teaches conscious breathing to promote awareness, self-regulation and deep personal transformation in their clients with the intention of enhancing inner peace, health and well-being and has been certified with a breathwork qualification (training and apprenticeship) that meets the minimum requirements set out by the global professional breathwork alliance. Breathwork Professionals are trained to facilitate individual and/or group sessions in a specified conscious breathing practice. (new)

1.7: A Conscious Connected Breathwork Professional is a qualified breathwork practitioner who shares conscious connected breathwork to support the physical, emotional, mental and spiritual levels of being for their clients in individual and/or group sessions in a specified conscious connected breathing practice. They are certified with a conscious connected breathwork qualification (training and apprenticeship) that meets the minimum requirements set out by the global professional breathwork alliance. (new)

Give an overview of your arguments why IBF Members should vote for your proposal: The IBF needs to have clarity about these definitions in order to communicate clearly with the world and each other about the work that we do. Without clarity in this core element of who we are and who we represent, there is confusion on every level. The IBF membership structure serves members and professional members and currently there is no guidance to outline what qualifies a person as a breathwork professional within this structure. How can IBF move forward to promote this work and this profession, with standards and ethics, if we cannot clearly define the terms that we use?

It is important to note that we are considering the IBF's definitions for the purposes of the IBF's mission to promote breathwork out in the world, and these may not perfectly represent every individual's desires and perspectives. Can IBF as a community agree to use these working definitions for now? A resolution does need to be reached in order to move forward with the mission of the IBF.

Further consultation and discussion are completely welcome.

After review by the Executive Team and/or the Integrity Team, are you happy to pass this proposal into the electronic/remote voting system or do you want this be voted during AGM?

We feel that this needs to be voted at the AGM – ideally as one complete document, but likely it needs to be voted definition by definition.

In the event that no resolution is found – we would move to create a workgroup specifically to address this topic, with a mandate to refine and resolve these proposed definitions by the next AGM.

Personal note:

Our intention with this proposal is to support the conclusion of a very long consultative process, which started before we were elected to the Executive Team of the IBF. We recognise the need for the IBF and also for the world to have this clarity now. IBF can be the guiding light and beacon of information for all those interested in breathwork. The identity of the IBF is deeply wrapped up in this topic and as we launch our new website and social media presence into the world, it feels critical that as a community, we can agree upon common terminology to use for now.

Thank you x

Proposal 7: Change of Terminology re Royalty Fee/Profit Share

- We are planning to replace the terms Royalty fee and % profit share throughout all documents with the term Gross Profit Share (before tax). We do not feel that this requires voting.

Yes that is o.k no need to vote

No vote required. Plan to document this decision in AGM minutes for transparency.

Proposal 8: By-Laws 3.3 National representatives. Point 2.

There is currently no limit to the length of service following election in the National representative role. In order to bring this into alignment with the rest of the Task Force structure, we propose to specify a maximum term. This does not represent a limit, but creates an opportunity for the NR to re-affirm their commitment and for others to propose themselves for a role.

The ET plan to inform the NRs of this proposal in advance of the AGM.

Current Text: NRs are elected and re-confirmed annually during the AGM.

- **Proposal 8.1 Text: NRs are elected for a maximum term of four years, with an annual re-confirmation vote during the AGM.**
- **Proposal 8.2 Text: NRs may be re-elected for consecutive terms of service, subject to normal election procedures.**

That needs to go to vote at the AGM as it also provides room for discussion and advertising of this, however we suggest that re-election be made possible (we are considering countries where there are very limited members)

Discussed at ET:IC Meeting 11/6/19. Addition of proposal 8.2 made to incorporate IC comments. For voting at AGM.

Proposal 9: By-Laws 4.3 Remote Voting Guidelines

The term 'remote' voting can be misleading, particularly if the assembly vote to support proposal 5 above where we are now considering allowing people to view the AGM live from home (i.e. remote attendance) and to vote in that forum (via zoom live at the AGM).

- We have changed the term 'remote voting' to 'electronic voting' to be clear that this section of the bylaws and its content relate to the use of electronic online voting between AGMs (i.e. interim votes). We do not believe that this needs to be voted upon.

Yep we don't need to vote on that but we prefer the term remote electronic voting

ET happy to accept the term "Remote Electronic Voting" to distinguish from "Remote AGM Voting" procedures in the By-Laws if this is approved at the AGM. No vote required. Plan to document this decision in AGM minutes for transparency.

Document updated 11/6/19 by Pippa following the ET:IC Meeting.