



Respiration & Inspiration



Dear IBF Family,

In just about two weeks, we will welcome more than 200 adventurous breathers to Sacred Breath GIC 2019 in the beautiful Mojave Desert. Below is some information we hope will help you plan your travels. If you have additional questions, please contact us at 2019GIC@gmail.com. You may also call Lauren at (301) 221-8278 or Jodi at (703) 474- 2668.

What to Bring

Daily high temperatures in June average between 80°F (26.6°C) to 98°F (37°C). Daily low temperatures average from 63°F (17°C) to 71°F (22°C). Remember to include something to cover your shoulders when strolling around the centre during the day and for cool desert evenings.

Use this packing list to help prepare for your travels.

- Closed toe shoes
- Hiking shoes
- Socks
- Sunscreen

- Swimsuit
- Sun Shirts
- Instruments and props for Talent Show
- Sunglasses
- Hat
- Flashlight Adapters for U.S. outlets
- Phone chargers
- Journal and pen
- Travel speakers for your music if you plan to do a workshop that requires music
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We will provide each attendee a water bottle and you could also bring your own. Because we are in the desert climate, our job is to stay hydrated. There will be several water stations around the centre.

Happy packing and safe travels! Can't wait to be with you all soon!!!

Love and Gratitude,

Lauren, James, and the GIC 2019 Team

Conscious Breathing in the Classroom Special Edition

The Breathing Classroom Team and International Breathwork Foundation are happy to announce an International Training Workshop for

“Conscious Breathing in the Classroom”

~ a simple programme for teaching conscious breathing to school children, teens and adult students by their teachers, parents and other mentors ~

LIVE STREAMED from GIC~Joshua Tree USA
Tuesday June 25th, 3:00PM (PST - Los Angeles time)

You are invited to join us!!

ANYONE NEW TO THE PROGRAM WILL NEED TO REGISTER on this LINK:

<https://goo.gl/forms/890hTnSFMNX09C8o1>

CONSCIOUS BREATHING in the CLASSROOM

OVERVIEW of the Year

The NUMBERS (as of May 2019)

- Registrants in CBC program: 392
- Countries Represented: 40
- 87% are Breathwork Practitioners/Trainers
- 25% are School Teachers/ Educators/ Coaches
- 12% are Parents or Other Professions

- 24% overlap of folks who are Breathwork Practitioners, Teachers & Parents
- 52% are IBF Members



Kindergarten children learn a breathing exercise from their teacher in Istanbul Turkey

The Breathing Classroom Team has had an exciting 10 months, which started with the international launch of the “Conscious Breathing in the Classroom” program at the GIC France in August 2018. This month brings us into another international live-stream training of the program from GIC Joshua Tree (USA) in June 2019.

The program manual underwent meticulous months of detailed revision and grew 20% in size. We now work closely with 19 translators re-creating the manual into 12 languages. Our small team added a new member, welcome Sergio Castro! When we meet online across 6 countries and time zones, we each take turns leading different breathing exercises from the manual, learning the nuances of each one. The word continues to spread about this wonderful program and we are discovering a variety of innovative uses for the dozens of breathing exercises within the program manual.

Participants pair up to learn the breathing exercises at the Launch at GIC France 2018



GIC France Launch

On August 1, 2018 we proudly launched the new IBF program Conscious Breathing in the Classroom at the GIC in France. We had 92 participants who joined us on site in person for the 3-hour training, which was simultaneously

translated into French, Russian and Spanish. The entire training and launch was live streamed around the globe - with an additional 176 people who joined us from 35 countries.

Our teammates who facilitated were Luc, Anil and JoAnn with a combination of 46 years of teaching and 43 years of breathwork facilitation among us. Each participant needed to pre-register, and then our Turkish teammate Tilsim emailed each registrant the PDF of the training manual and the live-stream link.



It was joyfully received as each participant got to wear the hats of trainer, school teacher and child as we practiced dozens of breathing exercises with folks in the workshop and with folks at home. We acknowledged this was our first time teaching this and we expressed our openness for feedback, which people graciously shared. This has only made us and the program stronger!

Proud participants with their manuals at the inaugural launch of the program in France in 2018



IMPORTANT!

Please read the rest of the report which you can also download as a pdf file on the IBF website

Bali Spirit Festival 2019

from Ana Berenguer



Bali Spirit Festival happens yearly in Ubud, Bali. Yoga, dance and conscious music were the core when it started 12 years ago but now Breathwork is a big part of it. As well as smaller sessions, there is a main session every day at prime time and prime location, guided by amazing facilitators from different first line schools. I guess each session is attended by about 300 participants with many “angels” taking care of them.

This year there were some well-known facilitators like our dear Lena Kristina Tuulse, Clarity Breathwork and Giten Tonkov. The new revelations were the brothers Lyndsay and Danny Balgoogen from Inner Light Revival and Jhennevie Heart from NAIA Breathwork. I was very happy to see many new faces among the facilitators, participants and angels. This means that Breathwork is growing and expanding. The family is growing

Bali Spirit Festival is an amazing tool to spread Breathwork because many participants from all over the world, that go to the festival for other modalities, try Breathwork, they love it and go to every session they can. Some of them even end up getting trained

Since GIC tends to happen less in Asia, it's amazing to have this event in this area so that Breathwork can also spread in the east, where there is a huge population searching for new tools

I also recommend Bali Spirit Festival as a space where Breathworkers can experience different modalities of Breathwork as well as all kinds of other therapies, enjoy music, visit a beautiful island, get to know the rich Balinese culture and have lots of fun



*The founders –
Made Gunarta,
Meghan Pappenheim
and Robert Weber*

