



Uniting and inspiring people through conscious breathing

## The power of your breathing



IBF together with the world Hispanic speaking community is pleased to announce the 1st Hispanic Virtual Summit "The Power of Your Breathing", which is held from November 5 to 12:

More than 30 experts will share their experience on how breathing has changed their life. Among them, several IBF professionals: Dan Brule (with spanish subtitles), Silke Modersohn, Carlos Velasco, Natividad Jimenez, Indalecia Ziritt, Manuel Atienza, Viola Edward, Layla Edward, Eugenia Altamira, Vicente Dominguez, Véronique Batter and Alejandra Chacin (the organiser)

Everyday starting November 5th, several conferences will be available to you during 24 hours. The summit is also a great tribute to our teacher and friend Leonard Orr and his legacy.

If you know anyone speaking Spanish in your community, please let them know about this event. This is a great opportunity to spread and celebrate the Power of Breath.

# ART of Breathwork - GIC 2019

*By Dr Ela Manga*

*This talk was given at the GIC in Joshua Tree. It can give you an idea of the many faceted realities in Africa in view of GIC 2022 which is to be held in Kenya.*

I was born and raised in a country that lies at the southernmost tip of Africa, a country that is breathtakingly beautiful and infamous for its brutal past. At the same time, it is a country that stands as an icon of hope for what is possible without war. It is a country of beautiful people with open hearts and wide smiles.

However, today it is a country whose people have wounds that remain unattended. Wounds fester under the surface manifesting in unprecedented levels of depression and anxiety, crime, high rates of unemployment and behaviour that further divides us according to colour, race and gender. Many have grown up in families split and fragmented by the effects of apartheid. The collective pain that we hold as a country is underestimated.

My work as a medical doctor has afforded me the perspective of seeing the impact of this collective wounding on our health and psyche. Arriving at that understanding began with me asking the question 'Why'? What are the mechanisms through which stress causes illness?

Since I first started working within a holistic medicine paradigm 15 years ago, more and more studies have shown that the common triggering factor for disease is chronic inflammation, the precursor for the major diseases such as cancer, cardiovascular disease, auto immune conditions. And we now know, through the study of epigenetics, how this inflammation, together with environmental toxins and dietary factors, switch on the genes that cause illness. We also know that chronic stress causes the entire neurobiological system to get locked in the sympathetic response without getting the benefits of the natural counteractive anti-inflammatory effect provided by the parasympathetic response. We understand the effects of sleep disturbances, a global phenomenon of the technological era.

So, it became increasingly obvious to me that the prerequisite for healing is to create the environment in which healing can happen. To train the parasympathetic back into the system, regulate the autonomic nervous system.

When I was first introduced to Breathwork by Dan Brulé 8 years ago, the light bulb went on. Here was a technology so profound that it has the potential to cut through a lifetime of trauma and offer a deep experience of peace. Over and above the deep and powerful transformation, healing and trauma release that I was witnessing happening with people every day, I began to investigate the science behind why this was having such a profound effect and started to work with other breathing techniques that patients could take home and safely

practice by themselves to aid sleep, manage energy, reduce hypertension and get a handle on anxiety.

I was blown away by the idea that breath is primary health care, it is emergency medicine. In the breath we have an anxiolytic, an analgesic, a sleeping aid, natural caffeine, a means to release trauma.

In a country where the majority of the population is under resourced, does not have access to decent health care, feels disempowered, we have a tool that is accessible, easy to teach and immediately effective, and I saw the need to create a system of working with the range of tools and techniques that are available to us through ancient traditions, wisdom schools and contemporary forms of breathwork in a way that is accessible, easy to understand and teach.

For the last 3 years, I have had the privilege of being part of the IBF's Science and Research group and we started to have a conversation about the IBF being more representative of many breathing styles, and through the conversations with my colleagues, teachers and students,

Dr Pippa Wheble and I birthed the 'ART' of breathwork classification.

While we can acknowledge that the essence of the breath is beyond classification and that it holds a natural intelligence and mystery that is often beyond our understanding, as breathworkers, it is our responsibility to make breathwork accessible to everyone in a way that is safe and easily applicable. This framework is a suggestion for a way in which we can do this.

The of the intention of the A-R-T classification is categorise the full spectrum of available breathing techniques into a framework that creates clarity of their effect, making the techniques simple and easy to practice and apply in everyday life situations.

The acronym 'A-R-T' relates to Awareness, Regulation and Transformation.

#### **A - Awareness**

Breath awareness includes any form of breath watching. It is the basis of self-awareness and is the foundation of breathwork. Through breath awareness we can gain more from all other forms of conscious breathing.

#### **R - Regulation**

Breath Regulation involves breathing consciously for Relaxation, Energy and Balance.

These include the techniques that can be practiced as standalone practices. They can be taught but do not require facilitation and can be used skillfully to consciously change an energy state and associated mental and emotional states. Different ways to breathe have different effects on our physiological rhythm.

#### *Relaxing techniques:*

These work on the parasympathetic activity through increasing vagal tone.

Examples:

- Long exhalation
- 4-7-8 for sleep

- Sitali breath
- Humming bee breath

*Energising techniques:*

We can practically control the breath to access more energy, courage and aliveness. These exercises use the breath as life force energy and getting comfortable with intensity and they consciously activate the sympathetic activity while being practiced that may lead to a state of calm energy.

Examples:

- Kapalabathii
- Breath of fire
- Wim Hoff techniques

*Balancing techniques:*

Balancing techniques work to establish the balance between the sympathetic and para-sympathetic system, between energy and relaxation. It creates a state of harmony and alignment in the body-mind system.

Examples:

- Coherent breathing
- Box breathing
- Alternate nostril breathing

### **T - Transformation**

While any breathing technique can be transformative, the practice of connected or circular breathing creates a powerful energy charge and physiological responses that support a process of deep healing and transformation.

Transformative techniques include those that are based in conscious connected circular breathing rhythm and that have their roots in rebirthing.

While we understand that techniques are not cast in stone and that breath is fluid, the ART framework is a useful means to make the vast scope of breathwork more accessible and easier to understand, apply and teach.

Breathwork as a movement is at a tipping point to fulfill its mission as a tool for healing, transformation and shift in consciousness. It is our duty to share breathwork as a way of living that is accessible to all. After all, this is our birthright.

*Dr.Ela Manga also sent this video link which highlights some of the work Breathwork Africa is doing in rural schools*

## **This month's Breathing Exercise to share with the world**

*Several IBF members have suggested that the newsletter include a simple breathing exercise to share with your local community or on social media. Here is the first contribution. Thank you Lauren!*

When you are telling yourself a story--“I’m not good enough”--you are not present. When you are reacting to fear of feeling your emotions, you are not present either. There are things you can do, right now, to become more present. Here’s a way to start:

*Feel the temperature of the room on your skin.*

*Feel the cool air entering your nose and the warm air leaving your nose.*

*Smell the air where you’re sitting.*

*Taste the taste in your mouth and then gently swallow.*

*Listen for the farthest sound you can hear.*

*Feel your shoulders relaxing on every exhale.*

*Breathe into where your sit-bones touch the seat cushion.*

*Every conscious breath brings you back to the present moment.*

***Excerpt from Breath LOVE by Lauren Chelec Cafritz***

## **Cabo Breath Fest - Feb 1-21, 2020**

*San Jose del Cabo, Baja California Sur, Mexico*



Welcome to the Festival! Every February, our mission is to connect members from all of the healing & spiritual traditions, health & fitness, personal growth, peak performance and human potential disciplines that find common ground in the power of breath, with proceeds supporting breathwork in developing countries. If you are interested in being a Co-Creator of the Festival as a Speaker, Facilitator, Coach, Trainer, Musician or Staff volunteer, please join us and take a look at who's coming to see who is already contributing to this historic gathering.

You can also piggyback your own event during the Festival to take advantage of our event promotions and venues in stunning San Jose del Cabo. This may be the perfect place to host your next mastermind group, practitioner training, retreat or the perfect excuse to start an annual program of your own.

Breathwork is spreading like wildfire worldwide and popping up in many new forms. It's now a key advantage in sports, the military, medicine, business and every profession that requires high performance. Whether you are a yogini, free

diver, breathworker, therapist, fitness pro, artist, musician or you are just really curious about the Worldwide Breathwork Movement, you can have access to a variety of stimulating events with the world's foremost Breathing authorities and other renowned teachers for camaraderie, networking, enrichment, education and cross-pollination of ideas and practices. You do not want to miss this unprecedented party. Think Breathing + Vacation + Learning + Relaxation.

[www.cabobreathfest.com](http://www.cabobreathfest.com)

Further information from [Nicole Price](#)

## IBF Breathing Art Group



After discussions during the IBF AGM at Joshua Tree, a small group - Robin Lawley (Italy), Gabriella Ishara (Italy), Lisa Petheram (Australia) - was formed to work with the idea of promoting the artistic and cultural patrimony of the IBF and breathwork in general. At our first video meeting, we discussed the possibility of setting up Breathing Art events at GICs. We obviously need to collect and organize material for this and other media projects we may in the future decide to do, particularly on social media platforms. We would also welcome other people who feel inspired to join our group. The material which we are looking for would include photos, videos, music, paintings, sculpture and material related to dance, theatre, installations related to the IBF, GIC or breathwork. We would be most grateful if you could contact us if you have something to share, or you know someone working in the field or would like further information about our initiatives.

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## Breathe with Me

An interesting project of Breathing Art, the details of which can be found on the link [https://jeppehein.net/pages/project\\_id.php?path=exhibitions&id=303](https://jeppehein.net/pages/project_id.php?path=exhibitions&id=303)

As politicians descended in New York on 21 September for the United Nations Climate Action Summit, the Danish artist Jeppe Hein launched Breathe With Me, a week-long project in the UN headquarters that invited delegates to “paint their breath” as a symbolic statement on climate policy.



The work, in which participants inhaled and then exhaled while painting a blue line on a life-size canvas, aimed to “remind people that they are alive by visualizing the wave of their breath”, the artist said

. “We have to change ourselves to change where the world is headed, but you can’t demand change from others—you can only try to inspire people.”

