

WorldBreathingDay 2020 - Time schedule

			CET, CEST Central Europe Time, Paris	BST British Summer Time London	EST, EDT US Eastern Time, New York	PST, PDT, Pacific Time, Los Angeles	CDT, Mexico	AEST, Sydney Australia
Arriving			8:30	7:30	2:30	23:30 (-1)	1:30	16:30
Opening WBD		Opening ceremony	9:00	8:00	3:00	0:00	2:00	17:00
Geert De Vleminck	live	Breathe to be free. It's a kind of Magic.	9:30	8:30	3:30	0:30	2:30	17:30
Heinz Gerd Lange	live	Conscious Breathwork - Tool for personal transformation and spiritual growth	10:30	9:30	4:30	1:30	3:30	18:30
Ela Manga	recorded	Breathing in the Eye of the Storm- 3 practices for healing, calm and balance	11:30	10:00	5:00	2:00	4:00	19:30
Veronique Batter	live	Breathing for the new world	12:00	11:00	6:00	3:00	5:00	20:00
SURPRISE - interview	live		13:00	12:00	7:00	4:00	6:00	21:00
Brigitte Martin Powell	live	Conscious Breathing for Trauma Recovery, also great as a simple tool for stress management	14:00	13:00	8:00	5:00	7:00	22:00
Omar Chtioui -	live	Breathwork & trauma trans-generation in relevant to the Middle East wars & conflict.	15:00	14:00	9:00	6:00	8:00	23:00
Alicja Heyda	recorded	How to support somatically ill patients through Breathwork	16:00	15:00	10:00	7:00	9:00	00:00
Wilfried Ehrmann	recorded	Conscious awareness of yourself with the Breath	16:45	15:45	10:45	7:45	9:45	00:45
Silke Modersohn -	live	Breathe better - Live better	17:00	16:00	11:00	8:00	10:00	01:00 (+1)
Annie Langlois	live	Learning to feel with "Essence of Breath"	18:00	17:00	12:00	9:00	11:00	02:00 (+1)
JoAnn Lowell	live	An Emergency Breathing Kit for Parents and Kids during Corona Days	19:00	18:00	13:00	10:00	12:00	03:00 (+1)
BREAK - Griet Verstraete	live	Breathe into Movement	20:00	18:00	13:00	10:00	12:00	04:00 (+1)
Lars Mygind -	live	The power of ecomeditation	20:30	19:30	14:30	11:30	13:30	05:30 (+1)
Alicia - Meet2Breathe -	live	Meet2Breathe	21:30	20:30	15:30	12:30	14:30	06:30 (+1)
Viola Edwards	recorded	Breathwork for recovery from addictions	22:30	21:00	16:00	13:00	15:00	07:00 (+1)
Ayo Handy Kendi	live	Laughter Yoga - Laugh, Breathe,Relax, Build Immunity	23:00	22:00	17:00	14:00	16:00	08:00 (+1)
Rabia Hayek	live	Breathing together to create the new world	01:00 (+1)	0:00	19:00	16:00	18:00	09:00 (+1)

