

World Breathing Day Activities

World Breathing Day – Activities registered in IBF - April 11, 2020

Join our ONLINE 24 hours IBF breathing event
www.facebook.com/groups/worldbreathingday

OTHER initiatives per country here below:

Austria
Canada
Denmark
Greece
Indonesia
Ireland
Italy
Mexico
Turkey
United Kingdom
United States



World Breathing Day – Activities registered in IBF - April 11, 2020

Austria, ONLINE from Austria

Date and time:

4/11/2020, from 5:00:00 PM to 6:00:00 PM

Event description:

The World Wider Breathing Circle -

We make an online breathing event to cultivate the nose breathing and relaxation. This strengthens the immune system. This is a one way video event on Facebook which I organize since 2018 on a monthly base and now to support this stressful time around the Corona virus we breathe more frequently including the "world breath day"

Organizer: Wolfgang Steiner

Contact: atemreisen@gmx.at

More info: www.atemreisen.eu

Location:

Canada, ONLINE - Brossard

Date and time:

4/11/2020, from 12:00:00 PM to 1:00:00 PM

Event description:

Learning to feel with "Essence of Breath" -

“Essence of Breath” is a new, deep and gentle approach using the power of breathwork in combination with different techniques (yoga, meditation, mindfulness, and intuitive movement). When these techniques are skillfully combined in an integrative flow and a safe environment, this approach releases the stress accumulated in the physical and mental structures of the body. This powerful process energizes our being at all levels and guides it to its full potential.

Organizer: Annie Langlois

Contact: info@annielanglois.com

More info: <https://zoom.us/meeting/register/u5Ulf-Csqj8tDqupUijh6QNbUTfkzkakmQ>

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Location:

Denmark, ONLINE from Denmark

Date and time:

4/11/2020, from 8:30:00 PM to 10:00:00 PM

Event description:

Breathing impact on your genes -
Theory and small exercises

Organizer: Lars Mygind

Contact: lars@mygind.dk

More info: <https://zoom.us/j/751100812?pwd=THd6N1E3cE1CcVNwRWdLK2dMOXdqZz09>

Location:

Greece, ONLINE from Athens

Date and time:

4/11/2020, from 11:00:00 AM to 2:00:00 PM

Event description:

World Breathing Day Event -

Η τεχνική Breathwork στηρίζεται στη δύναμη της συνειδητής αναπνοής.

Με συγκεκριμένη καθοδήγηση από την ειδικό, η αναπνοή μας μετατρέπεται σε εργαλείο ανυψωτικό που ευεργετεί όλο το φάσμα του εαυτού:

Φυσικό- Συναισθηματικό - Νοητικό - Ψυχικό - Πνευματικό

Με την έμπειρη καθοδήγηση της ειδικού βαθύνετε σε ένα μοναδικό ταξίδι μέσα στον εαυτό σας που μπορεί να οδηγήσει σε:

αποφόρτιση άγχους

διαύγεια σε θέματα που σας προβληματίζουν

επαναπροσδιορισμό των σκέψεων που έχουν επιφέρει συγκεκριμένα αρνητικά

αποτελέσματα στη ζωή

βαθεία σύνδεση με τον εαυτό σας και με άλλους

βεβαιότητα για την κατεύθυνση και τις αποφάσεις σας στη ζωή

αίσθηση ολότητας και γενικότερης υγείας

Το εργαστήριο αυτό είναι αφιερωμένο στην ισορροπία. Οι λεπτές γραμμές που ορίζουν την ισορροπία στην καθημερινότητα είναι αυτές που θέτετε, αθετείτε, προασπίζετε,

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επιβάλλετε, κ.λ.π. εσωτερικά. Όταν εμπειρικά γευθείτε τα όρια που έχετε υιοθετήσει θα δείτε την πραγματικότητα σας να ισορροπεί χωρίς προσπάθεια.

Το εργαστήριο έχει σκοπό να ενημερώσει και εμπειρικά να αποδείξει ότι η υγεία είναι αποτέλεσμα ενός ολοκληρωμένου συνόλου ενός συστήματος που βρίσκεται σε ισορροπία και να εμπνεύσει στην ολιστική υγεία. Το φως είναι μέσα μας και όσο περισσότερο υγιής είμαστε τόσο περισσότερο αυτό το φως λάμπει και φωτίζει και εμπνέει τους άλλους γύρω μας.

Όταν είμαστε υγιείς, μπορούμε να ολοκληρώσουμε το έργο μας και να το κατανοήσουμε καλύτερα σε αυτή τη ζωή, προσφέροντας την πολύτιμη ενέργεια μας στον πλανήτη.

Ρώτησαν κάποτε ένα δάσκαλο της Ανατολής ποιο είναι το νόημα της ζωής. Εκείνος απάντησε "Να παραμείνει κανείς ζωντανός".

Ντυθείτε με άνετα ρούχα.

Στον χώρο εισέρχεστε ξυπόλυτοι ή με κάλτσες. Παρακαλούμε φέρετε:

-1 μπουκαλάκι νερό

ΕΠΕΝΔΥΣΗ:

30€ α/α

(δεν συμπεριλαμβάνεται ΦΠΑ)

Παρακαλούμε επιβεβαιώστε την κράτησή σας μέχρι και τις 9 Απριλίου.

Η Ματούλα είναι διαθέσιμη στην Αθήνα για ατομικές συνεδρίες Breathwork, Soul Cup Reading, Shamanic Healing, Reiki, Channelling & Aura Cleanse απο 30 Μαρτίου έως 3 Μαΐου.

ΚΡΑΤΗΣΕΙΣ & ΠΛΗΡΟΦΟΡΙΕΣ:

Ματούλα Πισκοπάνη:

6943 655097

breathe4joy@yahoo.com

Yoga One

2130 116239

Περισσότερα www.rebirthingbreathwork.net

Organizer: Matoula Piskopani

Contact: +306943655097

More info: <https://www.facebook.com/events/643840953102923/>

World Breathing Day – Activities registered in IBF - April 11, 2020

Location:

Indonesia, Jakarta - ONLINE

Date and time:

4/7/2020, from 8:00:00 AM to 10:00:00 AM

Event description:

I AM BREATHE IAM HOPE -
Let's breathe and heal the world

Organizer: I AM HOPE

Contact: inekemachdi@gmail.com

More info: <http://gelangharapan.com/>

Indonesia, Jakarta - ONLINE

Date and time:

4/14/2020, from 8:00:00 PM to 9:00:00 PM

Event description:

Jakarta Breathe -
Lets breathe start from your home.

Organizer: Innerchamber Breathwork Indonesia

Contact: inekemachdi@gmail.com

More info: IG : [@innerchamberholistic](https://www.instagram.com/innerchamberholistic)

World Breathing Day – Activities registered in IBF - April 11, 2020

Location:

Ireland, ONLINE from Dublin, Ireland

Date and time:

4/11/2020, from 2:00:00 PM to 5:00:00 PM

Event description:

Breathe ~ The Healing & Unifying Power of the Breath -
ONLINE EVENT ~ Available to all. An afternoon to discover the transformative power of the breath, sharing, connecting celebrating the unity of the breath beyond all differences. No previous experience needed ~ Just download the Zoom App and get ready.

Organizer: HeartSpace/Breathing Room/Breath Place

Contact: info@heartspace.ie

More info: <https://www.heartspace.ie/blank-cmh8>

Location:

Italy, ONLINE from Italy

Date and time:

4/11/2020, from 4:00:00 PM to 5:30:00 PM

Event description:

Online Breath Session -
Online to celebrate World Breathing Day

Organizer: Ishara Gabri & Robin Lawley

Contact: 3478253443/5

More info:

La Giornata Mondiale della Respirazione è un evento globale annuale, organizzato dall'[International Breathwork Foundation \(IBF\)](https://www.ibfnetwork.com) un'organizzazione internazionale che si occupa della respirazione consapevole dal 1994. Questo evento invita tutti a ricordare, sperimentare e celebrare il potere curativo e unificante del

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respiro. Noi tutti respiriamo e noi tutti respiriamo la stessa aria; eppure raramente ci fermiamo a riconoscere l'importanza fondamentale del respiro, o di come ci connette al nostro pianeta ed a ciascuno al di là delle differenze. Questa giornata ci aiuterà a riconnetterci a questa realtà e, così facendo, migliorerà, ispirerà e promuoverà la pace, la salute in tutto il mondo, per l'umanità e la Terra.

Per l'occasione si terranno eventi in tantissimi Paesi. Parteciperemo anche noi, in Italia, con un evento online che sarà condotto da Ishara Gabri e Robin Lawley: useremo insieme la respirazione consapevole, una tecnica che trasforma le emozioni, crea una grande energia, dona nutrimento, ci riporta in contatto con quella parte di noi calma, profonda e sicura, per radicarci alla nostra migliore energia e connetterci tutti.

Si tratta di un'incontro di gruppo online della durata di un'ora e mezza, in cui due professionisti del respiro (Breathworker) vi spiegheranno l'importanza della respirazione e potremo vivere tutti insieme i benefici e l'esperienza del respirare consapevolmente.

La Giornata mondiale della respirazione amplierà la nostra comprensione - tra individui, professionisti e istituzioni - di cosa sia la respirazione ottimale e consapevole in modo che tutti possano trarne beneficio. Servirà anche a ricordarci l'importanza fondamentale e vitale dell'aria pulita e di un ambiente salubre per le generazioni presenti e future.

Chiunque è invitato a partecipare: il respiro è ciò che ci unisce sempre tutti, in ogni luogo. Non è necessario avere già esperienza con la respirazione consapevole, tutti sono benvenuti.

L'evento è gratuito e per partecipare è necessario:

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- iscriversi tramite una email o un messaggio.
- scaricare l'app di Zoom <https://zoom.us/support/download> su cellulare o entrare nel sito stesso
- Dall'app o sito di Zoom, inserire il numero della "stanza" o cliccare sul link che ti invieremo
- collegarsi 10-15 minuti prima dell'orario stabilito così da poter cominciare tutti contemporaneamente.
- preparare uno spazio confortevole e comodo per respirare
- è consigliato l'uso di auricolari e microfono.

Per maggior info e prenotazioni scrivere una email a:

ishara.gabri@gmail.com

robinlawley@gmail.com

Unisciti a noi nel rendere la Giornata mondiale della respirazione un successo globale decisivo e che crea ispirazione!

World Breathing Day Activities

World Breathing Day – Activities registered in IBF - April 11, 2020

Location:

Mexico, ONLINE from Mexico

Date and time:

4/11/2020, from to

Event description:

Breathing Circles -
Transformational Breath® Breathing Circles

Organizer: Laura Altamira

Contact: +526243554596

More info: <https://respiremos.secure.retreat.guru/program/world-breathing-day-dia-mundial-de-la-respiracion/?lang=en>

World Breathing Day – Activities registered in IBF - April 11, 2020

Location:

Turkey, ONLINE from Turkey

Date and time:

4/11/2020, 6:30:00 PM Istanbul

Event description:

Power of the Breath -
One breath, One world

Organizer: Güneş Günhan

Contact: +905325977629

More info: www.mucizesensin.com

Join Zoom Meeting

<https://us04web.zoom.us/j/334912771?pwd=cFFvMTg1Njc3TWZsVFRTbUVQN2w2UT09>

Meeting ID: 334 912 771

Password: 208896

Location:

Turkey, ONLINE from Istanbul, Vibe to BE

Date and time:

4/11/2020, from 8:00:00 PM to 9:30:00 PM

Event description:

A guided meditative journey into breathing -
A guided breath meditation with Vardha

Organizer: Vardha @ Vibe to BE

Contact: Rainer.jankowski@gmail.com

More info:

World Breathing Day – Activities registered in IBF - April 11, 2020

Location:

United Kingdom, ONLINE from Glastonbury

Date and time:

4/11/2020, from 4:00:00 PM to 5:00:00 PM

Event description:

Online Breathwork Circle -
Online Conscious Connected Breathwork Circle

Organizer: Steph Magenta

Contact: 07854 450482

More info: <https://www.facebook.com/events/618639458701178/>

World Breathing Day – Activities registered in IBF - April 11, 2020

Location:

United States, ONLINE from Maryland

Date and time:

4/11/2020, from 2:00:00 PM to 3:30:00 PM

Event description:

Group Breath Class -

Learn about breathwork and experience a full breath session

Organizer: Lauren Chelec Cafritz

Contact: breathlovemedia@gmail.com

More info: <https://clients.mindbodyonline.com/classic/ws?studioid=8687&sttype=-8&sView=day&sLoc=0&sTrn=100000019>

Location:

United States, ONLINE from Washington D.C.

Date and time:

4/11/2020, from 7:00:00 PM to 7:05:00 PM

Event description:

Global Reset Campaign -

Global Reset Campaign - a campaign that seeks to help reset the global state of humanity by taking a collective deep breath. Our belief is that within every living being there is a reset button, hidden deep within our lungs, that can be activated, if done collectively. This action is an ancient cheat code and we are on a mission to help defuse mass hysteria, increase global cooperation, interconnectivity, decrease anxiety, panic and depression. Currently, we are creating art in the form of graphics and satirical videos to create engaging content to get people to breath on April 11th.

Organizer: Gilléad-Gaari Mziray

Contact: 2026642747

More info: <https://www.instagram.com/globalresetcampaign/?hl=en>

World Breathing Day – Activities registered in IBF - April 11, 2020

Location:

USA, ONLINE - Sacred Owl Wellness

Date and time:

4/11/2020, from 9:30:00 AM to 12:30:00 PM

Event description:

Breath of Love Breakthrough Experience -

Come experience a profound break through with Breath of Love Facilitator and Energy Healer, Samantha Rines O'Dell. She will guide you through a meditative life-changing, healing ceremony. Embrace the power of breathing and energy work, helping to open the chakras and bring back awareness to your higher purpose.

Organizer: Samantha O'Dell

Contact: 970-222-0252

More info: <https://www.vagaro.com/sacredowlwellness/classes>