

Guidance for GIC Breathwork Practitioners

The GIC is a beautiful opportunity for our community of Breathwork Practitioners to share the breath with each other, with experienced breathers and with those who are just beginning their breathwork journey. We are so grateful to you for contributing to this extraordinary event.

The breath is a powerful tool for transformation on the personal, community and universal levels and the GIC is a safe space where all forms of conscious breathing and breathwork are welcome to come together and share. This creates a unique opportunity for growth and evolution.

After reflection on the feedback from GIC 2019, we offer the following guidelines and request all GIC Breathwork Practitioners to read the IBF By-Laws: Section 10:10.3. Your priority should be to take care of your participants' physical, emotional and mental well-being and safety.

Presenting Your Workshop:

At the morning logistics, workshop and session leaders are encouraged to outline the following:

- What technique they are offering and the intention or aim of this specific session.
- What other modalities the session will include (specifically mentioning if bodywork or touch are involved) and how they will interact with the breathers.
- Whether children are welcome for the session.
- Which languages/interpretation will be offered during the session.

Creating & Supporting Your Team:

- Please ensure that you have enough facilitators to support your group in your practice. For deep, process orientated sessions each facilitator should have no more than 4 participants to support. If you do not have enough facilitators, request support from the GIC organisers team.
- The breathers in your workshop prefer to know who is facilitating them. Where possible facilitators should be allocated to a specific breather and 'floating facilitation' (switching facilitators during the session) should be kept to a minimum.
- Please ensure that your whole team know which practice you are using and which additional modalities may be used during the session that you are leading.
- Please allocate one facilitator to monitor the door in case a participant attempts to exit early while in a high emotional state.

Practicing as a Facilitator or Sitter at the GIC:

- When moving between different clients in a group session, remember to take a moment and attune to the person beside you before offering any intervention.
- If a breather raises their hand to indicate any preference during a session, please accept their freedom to choose with love and compassion. We cannot know what is happening inside their experience, we trust the breath and that everything is happening perfectly.

Workshop Setting:

- No photos/filming during the workshops especially during the sessions (by participants).
- Please advise all participants to ideally leave their phones switched off.
- Point out the closest toilets.
- Ensure that you have buckets/bins, tissues and sufficient equipment for the group.
- Make sure that you have water available for your participants.

Before Beginning the Session:

- Explain clearly the level of physical contact involved: Bodywork/physical interventions & contact need to be announced clearly before the session begins and also clearly sanctioned by the participant except in emergency cases.
- Emotionally or physically challenging exercises need to be announced before they start.
- Be explicit if the workshop may activate sexual or traumatic experiences from the past.
- The participant's right to say NO (or to sit out a specific exercise) must be clearly stated before each exercise begins: e.g. "Anything worrying you please raise your arm and we will talk about it...."
- Inappropriate behaviour of any facilitator or participant should be first flagged up to the Workshop leader and then reported (see complaint procedure).

During the Session:

- Create a safe and supportive environment for the whole group.
- Provide information about the practice, what to expect and invite them to ask questions.
- Consent from each client may be assumed only under these circumstances.
- Once the group begin breathing, you are responsible for the well-being of all present.
- Please be mindful of late-comers (who may require extra explanations) and participants who leave the session early as this may represent a "flight" response. It is ok to ask a breather to remain in the space until you feel that they are fully present.

After the Session:

- Please ensure that your clients are all complete before they leave the session. The workshop leader or a facilitator must support any client in a highly emotional state through talking, listening, clearing or breathing until they appear to be complete.
- As a practitioner it is important to be available to support your clients on and off the mat. Please reach out to the GIC wellness team or the session/workshop leader if you need support for yourself or your client.
- If necessary the GIC team or the IC can provide a supportive space to mediate any concerns that are not resolved in the workshop setting.

Plant medicine and selling tools:

- No mind-altering substances should be offered in workshops, including plant medicines, without first getting approval from the IC and the GIC team.
- Such medicines must be legal in the country in which the workshop is taking place and used for ceremonial purposes only.
- The IC does not encourage 'sales' during GIC workshops. At the end of the workshop, the workshop leader can invite participants to explore their shop-space.
- If you wish to invite participants to subscribe to your mailing list after your workshop, you may do so. You are not permitted to use the GIC contact list to advertise, promote or recruit your own products, events or trainings.

Workshop Complaint procedure:

- Complaints or concerns should be raised directly face to face with the facilitator and workshop leader. If necessary, complete a Significant Event Discussion together, using the SEA Form (available on the IBF table in the main meeting hall).
- All incidents at the GIC should be discussed and documented in a written report by the people involved. The report should be sent to the IC regardless of the outcome. Where resolution is not achieved, the IC will facilitate further clearing.