



Guidelines for planning and hosting your event:

- Plan your event well in advance. Invite your community, your own followers and clients. Use your creativity in reaching out to new people and help spread the power of the breath even further
- Register your event on our IBF website Calendar of Events:

Registration form: <https://forms.gle/DK2GEBrqH9eZ83ut8>

> If you are a professional or a school-organizational member of IBF, you can register your event directly into the IBF member's area, selecting "World Breathing Day" as a category. It will then immediately appear on the Worldwide Calendar of WBD Events.

> If you are not an IBF member, please fill in this registration form before April 1st. Within 3 days, we will add your event to the IBF calendar of events

- If your event is in-person, please take into account the "Covid 19 guide for Breathwork" on the IBF website.
- Make every effort to offer your event or activity for FREE or by donation, to make it available to as many people as possible;
- If your event cannot take place exactly on April 11, it is fine to do it on a different date as long as you mention that you are celebrating World Breathing Day 2022.
- Please mention "World Breathing Day - April 11 2022 in all your communications and include the IBF logo in your images.
- You can find **material and resources** [here](#): text, images, banners in more than 15 languages.
- If feasible, during the event, with the permission of your participants, collect videos, pictures, testimonies that can be posted on the IBF social media and website to share the excitement that WBD generated and the "solutions" they inspired.

Ideas for spreading the word:

- Invite viewership and engagement for your event. Make your own 30 second WBD promotion: video, written or artistic expressions of your event or activity, or use any other media that address “inspired solutions” from the simple practice of breathing
- Share IBF promotional material (press release) and the WBD image, which are available on the WBD resources page of the website and customize this invitation for your event or activity;

Be creative by using WBD as an opportunity to change peoples' lives as we share the importance of Conscious Breathing by spreading the word on World Breathing Day in every corner of the globe.

WBD website and contact: worldbreathingday.earth - worldbreathingday@ibfbreathwork.org

Follow us on our WBD facebook community:
www.facebook.com/groups/worldbreathingday

From our conscious breath to yours,

The World Breathing Day team of the International Breathwork Foundation:

Veronique Batter

with Ayo Handy-Kendi; Rabia Hayek, Blanca Maria Mueller Lagunez, Marie-Therese Maurice and Robin Lawley.