



INVITATION to BREATHING INFLUENCERS to GET INVOLVED with WORLD BREATHING DAY 2022

Dear friend of the breath,

As someone closely involved in the practice of conscious breathing, you are cordially invited to participate in the 4th. Global celebration of the power of the breath, World Breathing Day 2022 on April 11.

World Breathing Day (WBD) was initiated by the International Breathwork Foundation (IBF) community and is an annual commemorative day that invites everyone to remember, experience and **celebrate the healing and unifying power of breath on April 11.** Because we all breathe, and we all need the breath, WBD is an important celebration day that touches every human being.

This year, the theme of World Breathing Day 2022 is “Inspiring Solutions”.

Indeed, Conscious Breathing offers a simple, yet powerful tool to create positive change in the world, and YOU can be part of this solution.

The world’s crises are demanding practical solutions in almost all aspects of life - from health and wellbeing (physical, mental and emotional) to climate and ecosystem restoration, to mindfulness and collaboration, peace, unity, and the list goes on.

Conscious breathing, in all its forms, is a tool that is easily teachable, available for free because everyone already has access to it, and is powerful in its ability to create unity, transformation, inner peace, health and much more.

IBF is reaching out to you because your breathing practice stands out as an example of the many ways that breathing creates solutions.

HERE IS HOW YOU CAN GET INVOLVED

1. **Host an event or activity** celebrating WBD in your own community, for the people who already know and follow you. Plan your event so that it addresses “inspiring solutions” for your community or for the world, that come from the simple practice of breathing consciously.

[Register your event](#) between now and April 1st, so that it can be published in the Worldwide

Calendar of WBD Events, as well as on the IBF website and social media.

Make every effort to offer your event or activity for free (or by donation) to ensure that no one is left out. If your event cannot take place on April 11, go ahead and do it on another date, and please remember to mention that you are celebrating "WBD 2022".

- For guidelines and suggestions for your WBD 2022 event: [click here](#)
- Registration form for your event: <https://forms.gle/DK2GEBrqH9eZ83ut8>

Registering your event will allow us to include it in the statistics that IBF is preparing to propose World Breathing Day to the United Nations (UN) as an official UN celebration Day.

2. **Spread the word:** Reach out to local news outlets, get interviewed, post videos on your social media. Reach out to everyone you know who works with, or is interested in the Breath, and invite them to get involved in the celebration. Share how Conscious Breathing and Breathwork is "Inspiring Solutions" to many of the world's challenges. IBF's promotional materials are at your disposal to use and customize for your own communications.

- Use our promotional materials::
<https://ibfbreathwork.org/world-breathing-day-resources/>

3. In addition, invite your community and friends to **join our special "Global Celebration of Breath"** unifying the world through the breath.

At 12:00 (noon), wherever you are, take several minutes to pause, and breathe consciously. Visualize millions of people at the same time breathing together. In addition, IBF will host 3 LIVE 20 minute segments to celebrate the breath, at 12:00 (noon) Australia, Europe, and California time. Follow us on our Facebook Live or on our IBF newsletter for updates and consider joining in the Celebration.

Together we breathe, together we rise, together we celebrate.

You may think of other ways to get involved in World Breathing Day, so please "go-for-it". SAY YES TO THIS INVITATION and JOIN in with your influence, support and your breath, and together we can help change the world, and "inspire solutions" many breaths at a time;

WBD website worldbreathingday.earth

Contact us: worldbreathingday@ibfbreathwork.org

Follow latest update on our WBD facebook group:
www.facebook.com/groups/worldbreathingday

From our conscious breath to yours,

The World Breathing Day team of the IBF: Veronique Batter, Ayo Handy-Kendi, Rabia Hayek, Blanca Maria Mueller Lagunez, Marie-Therese Maurice and Robin Lawley.



ibfbreathwork.org