

IBF New Member Flow:

Mail 1: welcome to the IBF

Welcome to the International Breathwork Foundation (IBF)! We are delighted you have chosen to be part of our global community and network.

During the coming weeks, you will receive a series of emails that take you on a tour of the IBF. To get you started, we have a number of support manuals to help you to update your profile and make yourself visible as an IBF member.

SUPPORT MANUALS

- HOW TO PRINT YOUR INVOICE FOR PAID MEMBERSHIP
- HOW TO PUBLISH YOUR PORTRAIT (AVATAR) PHOTO
- HOW TO RESET YOUR PASSWORD
- HOW TO PUBLISH YOUR OWN EVENT
- HOW TO DOWNLOAD THE IBF LOGO

You can find the full range of support manuals here: <https://ibfbreathwork.org/support-manuals/>

LINK TO YOUR WEBSITE:

You can link to the IBF website from your own website.

You can also link from your website to your IBF profile.

NEWSLETTER:

If you haven't subscribed to our newsletter yet, sign up at <https://ibfbreathwork.org/subscribe-to-the-ibf-newsletter>

That's it for now. In the next email, we will share information about how the IBF operates and our IBF Breathing App.

If you have any questions, please send an email to: info@ibfbreathwork.org

Blessings and once again, welcome to IBF!

IBF – International Breathwork Foundation
The global community of breathworkers and lovers of the breath

Mail 2 about IBF Organization + Breathing App

Today, we will explain about the vision, purpose and core values of the IBF, as well as showcase our Breathing App.

VISION, PURPOSE AND VALUES

IBF is a non-profit global community for breathworkers and people interested in breathwork. We are glad you have decided to be part of this.

We invite you to have a look at our Diversity and Inclusivity Statement and the IBF Core Values on <https://ibfbreathwork.org/ibf-core-values/>. These are the fundamental values of our organisation. To really understand how the IBF is organised internally, please read through the By-laws on <https://ibfbreathwork.org/ibf-by-laws/>. It is important to know that they were crafted by the IBF members over the last years in a very democratic way. Changes are only possible after debate and official vote by the membership.

IBF was established and is run by volunteers. "For the community, by the community" is part of the IBF DNA. You can read more about the roles of the Executive Team, the Integrity Committee, National Representatives, Ambassadors, Executive Support Team and Workgroup Leaders within the IBF Taskforce on <https://ibfbreathwork.org/ibf-taskforce/>. You will find the different members with a specific role within this taskforce on <https://ibfbreathwork.org/ibf-team/>

Speaking of volunteers: Whatever your skills, you are highly welcome to take on an active role in the IBF - there are many tasks we need to do and passionate, dedicated members stepping forward is the lifeblood of the IBF. Just write to info@ibfbreathwork.org if you wish to become a part of the IBF Taskforce.

Let's take a moment to acknowledge and recognize the IBF lineage and all volunteers who dedicated and dedicate their time and energy to the IBF.

IBF BREATHING APP

Are you already using the free IBF Breathing App? This app offers breathing exercises, for example to relax and feel more balanced. It is available for Android on the Google Play Store and for iPhones on the Apple Store. You can read more about the app on <https://ibfbreathwork.org/ibf-breathing-app-available-for-ios-android/>

To get the most out of using the IBF Breathing App, you can find the User Guide here: <https://ibfbreathwork.org/wp-content/uploads/2021/09/The-IBF-Breathing-App-User-Guide-v2-.pdf>

Help us spread the word about the benefits of conscious breathing by actively supporting this app and getting it out far and wide into the world!

In our next update, we will inform you about ethics, standards and accreditation as a professional breathwork practitioner.

Blessings,

IBF – International Breathwork Foundation
The global community of breathworkers and lovers of the breath

Mail 3 about ethics, standards and accreditation

Today we will inform you how IBF upholds ethics and standards in Breathwork.

IBF is a Breathwork Community, a nourishing place for networking and learning with and from each other. IBF is committed to promoting the highest levels of professionalism and integrity in the practice of breathwork. Everyone who joins IBF as professional member agrees to follow the IBF code of conduct and ethical guidelines and recommendations as stated in the IBF by-laws.

The IBF Integrity Committee oversees and supports the Executive Team and acts as a complaint board for members. If you feel something is out of integrity, don't hesitate to contact the IC on ic@ibfbreathwork.org.

STANDARDS AND ACCREDITATION

IBF does not devise standards or qualifications for breathworkers and does not certify practitioners or supervise standards/qualifications of self-nominated breathwork professionals or schools listed in the IBF directory. IBF professional membership is not an endorsement or accreditation of professional training or practice. We do work in partnership with the Global Professional Breathwork Alliance (GPBA), which is responsible for the accreditation of certified professional breathwork practitioners and schools.

The Global Professional Breathwork Alliance (GPBA) is a consortium of professional breathwork schools, trainers, and practitioners who support and promote the integration of breathwork in the world as an accessible and vital healing modality that facilitates physical, emotional, intellectual and spiritual wellness. The GPBA is open to all breathwork practitioners and schools agreeing to uphold the principles of ethics and standards set forward by the Alliance.

If you are a GPBA Certified Breathwork Practitioner, we invite you to send this information to info@ibfbreathwork.org so we can add your qualification to your profile. This will help our visitors recognize you as a breathworker who had a training as described in the worldwide guidelines for professional breathwork practitioners.

Of course, a solid initial training of 400 hours is just the start of what we know is a journey. Leonard Orr once said, "my love is all that is needed to facilitate the perfect breathwork session". And in our community, one says that we need to demonstrate the long-term effects of breathwork to be a professional breathwork practitioner. That is why we come together in the IBF to have travel companions on this journey who support and learn from each other.

For information on GPBA accreditation, please check their website:

<https://breathworkalliance.com/>

MAKING YOUR EXPERIENCE VISIBLE AS A PROFESSIONAL MEMBER

The IBF Professional Membership is self-declared. To give potential clients an idea of your breathwork journey and experiences, we therefore recommend that you add these in your bio. In our next update, we will highlight some IBF initiatives that promote the benefits of breathwork to the wider public.

Blessings,

IBF – International Breathwork Foundation

The global community of breathworkers and lovers of the breath

Mail 4 IBF Initiatives

Science and Research Advisory Group, Breathing Arts, CBC, World Breathing Day, UN Workgroup

As we continue on your new member's tour of the IBF, today we take you deeper into the offerings and inner workings of the IBF through our dynamic and engaging Work Group Initiatives.

Whether your interest is education, children, science, art, promotion of breathwork, inclusivity or humanitarian work, each Work Group for the Initiatives is a place where your imagination and creativity can thrive. The Work Groups create outcomes in the breathwork community which have real impact

We invite you to join one of the Work Groups as a volunteer and contribute to what we offer to our community.

Last but not least, if you have IT or social media skills and you would love to support IBF this way, let us know - we are happy to have more volunteers with such skills.

Let's have the Work Group leaders themselves tell you more:

Breathing Arts

We are thrilled to introduce you to the IBF Breathing Arts group, a community dedicated to bringing peace, healing, transformation, joy and inspiration to the world through conscious breathing and creative expression. [<READ MORE>](#) [\[click\]](#)

Conscious Breathing in the Classroom

Can you imagine a world in which the children learn how to breathe consciously at a very young age and they continue throughout their lives? We not only have envisioned this - our team has created a simple program for you as breathworkers to bring conscious breathing into your home country's schools. [<READ MORE>](#) [\[click\]](#)

Conscious Breathing for Trauma Recovery

This program provides free online conscious breathing education that is both simple and effective. Originally, it was created for refugees, migrants and victims of natural disasters as well as health care workers, staff and volunteers of relief organisations. It has now been extended to include anyone suffering from trauma, anxiety, burnout and depression.

Science and Research Advisory Group

We are a dynamic and mixed group of medical doctors, scientists, psychotherapists and members of the community who are passionate about understanding, researching and sharing the science of breathwork. [<READ MORE>](#) [\[click\]](#)

United Nations

The IBF holds consultative status with the Economic and Social Council (ECOSOC) of the United Nations. The UN group nurtures partnerships and initiatives and uses the UN platform to promote the impact of conscious breathing on society and our planet in support of the UN 2030 Sustainable Development Goals. [<READ MORE>](#) [\[click\]](#)

World Breathing Day

Every year on April 11th, the IBF and its network of changemakers curate a holiday called World Breathing Day. Breathworkers, researchers, healers, scientists, yogis and teachers of

all types come together to share current findings, explorations and techniques to enhance the community and to present an ever-changing, annual, collective celebration of breath.
[<READ MORE> \[click\]](#)

As you can see, there are many ways to take part and enrich the work you do with the breath through our IBF Initiatives, for example:

- Consider hosting events among your community on World Breathing Day
- Introduce IBF programs to your students in your trainings (Conscious Breathing in the Classroom, Conscious Breathing for Trauma Recovery)
- Share titles with us of latest research about breathwork and conscious breathing to help the IBF become an international clearing house for up-to-date information
- Become a guest presenter at the Breathing Arts online events or in person at the Global Inspiration Conference

We hope you feel inspired by these initiatives and they become treasured ways you share the love of the breath with the people in your life! If you want to get involved further in these, please contact the Initiative Work Group directly.

Next stop on our tour is GIC (Global Inspiration Conference) - the perfect way to celebrate life and being part of the breathwork family.

Blessings,

IBF – International Breathwork Foundation

The global community of breathworkers and lovers of the breath

Mail 5 about GIC

Have you heard of GIC, the Global Inspiration Conference?

The IBF's annual Global Inspiration Conference is a week-long celebration of the breath. It is held in a different country each year. The GIC is a wonderful opportunity to exchange views, teach, learn and receive inspiration from like-minded friends and colleagues.

At the GIC you will find workshops, lectures, social events, sharing of best practices, dancing, good food, good company and lots of fun. It's a wonderful opportunity for personal and professional growth, as well as making friends and valuable connections.

The GIC program has a core structure and allows for organic creation of the daily workshop agenda. Part of the program is fixed in advance while the rest is left open and is scheduled on a daily basis during the conference week. The open program includes presentations, workshops, discussion topics and other activities related to the conference theme and proposed by the participants. All of these activities are offered in a spirit of peer-group exchange and inspiration.

GIC also hosts the IBF Annual General Meeting (AGM), which has evolved a unique democratic process for decision-making. Members have been inspired by this to apply it in their own organisations to great positive effect. The GIC organiser and host country are selected two years in advance during the AGM.

Being at the GIC is the perfect way to celebrate life and being part of the breathwork family.

To find out about the next GIC, please have a look at <https://ibfbreathwork.org/gic/>

For more background detail, please login as a member and read through the GIC Manual: <https://ibfbreathwork.org/gic-organiser-manual-march-2022/>. Maybe one day, you feel the call to organise a GIC yourself!

Take a deep breath, relax and enjoy.

Next time you hear from us, we will inform you about the Breathwork Development Fund, which offers outreach to individuals and to communities who might otherwise not be able to experience the benefits of breathwork.

Blessings,

IBF – International Breathwork Foundation

The global community of breathworkers and lovers of the breath

Mail 6 about Breathwork Development Fund & donations

Today, we introduce you to the IBF Breathwork Development Fund (BDF).

IBF is committed to the development of conscious breathwork and making it accessible around the globe. Through the BDF, we offer outreach to individuals and to communities who might otherwise not be able to experience the benefits of breathwork. We also support breathwork education and research projects. The BDF also sponsors IBF members to come to our Annual Global Inspiration Conference.

Anyone can contribute to the Breathwork Development Fund through a donation here [insert link: <https://ibfbreathwork.org/breathwork-development-fund/>].

As an IBF member, you can apply for funding from the BDF: be that for GIC attendance or for other projects in line with the aims of the BDF. The application forms and procedure can be found here [insert link <https://ibfbreathwork.org/development-fund-application-forms/>].

This was the final email of our introductory tour. We hope it has provided you with a useful overview of the IBF, made you curious about discovering more and perhaps inspires you to get involved in the IBF Taskforce yourself!

The IBF is built by its members for its members, and we are really happy to have you with us.

If you want to be in contact with IBF Taskforce individuals, please check who is on it <https://ibfbreathwork.org/ibf-team/>. For other enquiries:

General questions: info@ibfbreathwork.org

Executive Team: exec@ibfbreathwork.org

Integrity Committee: ic@ibfbreathwork.org

Newsletter: newsletter@ibfbreathwork.org

Questions about your membership/payments: treasurer@ibfbreathwork.org

Conscious Breathing in the Classroom: thebreathingclassroom@ibfbreathwork.org

World Breathing Day - April 11: worldbreathingday@ibfbreathwork.org

Science & Research Advisory Group: science@ibfbreathwork.org

United Nations Workgroup (ECOSOC): IBF_UN@ibfbreathwork.org

Breathing Arts Group: art@ibfbreathwork.org

And once again, welcome in our breathwork community. We look forward to getting to know you!

Blessings,

IBF – International Breathwork Foundation

The global community of breathworkers and lovers of the breath