

Ambassador Report

Name
Alakh Analda
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Reporting Year
2026
How do you enjoy serving as an IBF Ambassador? On a scale from 0 to 10, where 10 is the best.
10
General summary: What happened last year? (optional)
I have continued to support and train the graduate Practitioners and Trainers who are delivering to clients. They are joining IBF and GPBA in small numbers now. However the growth will increase each year especially with one of the trainers who is building a global school of Breathwork.
Would you like to continue in your position as Ambassador for the coming year?
Yes
Did you attract new members? (optional)
Yes
Were you engaged in the World Breathing Day activities? (optional)
No
Did you attend most Taskforce meetings during the last year?
Yes
Will you be attending the next conference?
No
Do you plan to attend the online AGM's?
Yes

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How do you like where the organisation is heading? On a scale from 0 to 10, where 10 is the best.
6
What would you like to see improved or changed in the organisation?
I'm going to bring up the topic of Breathwork as a path of self mastery as well as Breathwork that creates therapeutic consequences at the right time. This is mainly for the website and for the general information that identifies a member. Also I am interested in creating more conversations about personal responsibility in IBF.
How do you like the current AGM format? On a scale from 0 to 10, where 10 is the best.
9
Room for personal notes (optional)
I appreciate all the efforts and actions of the taskforce and will be more free to participate fully in the years to come. I am setting up regular contact with graduates from the school of one trainer and intend to bring them into IBF and possibly into taking on some roles in the years to come. Personally I have spent the last year updating all my workbooks and Training materials. The curriculum for Breathwork Mastery RBM now has five levels the last being Trainer and supervisor of trainers and supervisors. It's still important to me to keep high standards for Breathwork globally. I now have lots of time and energy to do this in the most appropriate way.
GDPR Agreement
Accepted
Date of submission
06/06/2026