

Ambassador Report

Name
Ana Berenguer
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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)
During this year I have attended the NR and ET meetings, plus one GIC council, since I'm considering proposing Bali for GIC 2028. I have been searching for venues and doing research about visas. I helped Mario translate the IBF breathing app to Spanish. I've done several on line sessions in cooperation with Kateryna Kotenko to support breathworkers, therapists and ukrainian citizens. I shared with them tools to regulate the Nervous System so that they could feel supported and support others in the very difficult situation that they are going through.
Would you like to continue in your position as Ambassador for the coming year?
Yes
Did you attract new members? (optional)
No
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

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Do you plan to attend the online AGM's?
Yes
How do you like where the organisation is heading? On a scale from 0 to 10, where 10 is the best.
7
How do you like the current AGM format? On a scale from 0 to 10, where 10 is the best.
7
GDPR Agreement
Accepted
Date of submission
02/06/2026