

IC Team Member Report

Name
John Stamoulos
Reporting Year
2026
Overview of my last year's activities
Over the past year, I have continued to serve the International Breathwork Foundation Integrity Committee with a strong commitment to professionalism, ethics, fairness, and respectful communication within the global breathwork community. My role has included: • Participating in Integrity Committee meetings and discussions • Supporting the review and clarification of ethical and professional matters brought to the committee • Assisting in mediation and communication processes where appropriate • Contributing to discussions around professionalism, governance, standards, and accountability within the IBF • Supporting ongoing collaboration between the Integrity Committee, Executive Team, and wider IBF community • Helping maintain integrity and respectful dialogue within an international and diverse breathwork field I have also continued my broader professional service to the breathwork community through my roles as: • President of the Australian Breathwork Association (ABA) • Member of the IBF Professionalism and Integrity discussions • Breathwork trainer, facilitator, mentor, and advocate for ethical professional standards internationally After serving for almost six years on the Integrity Committee, I remain deeply appreciative of the opportunity to contribute to the growth, maturity, and professionalism of the global breathwork community.
Personal note
Serving on the Integrity Committee over the past five years has been both meaningful and educational. I have valued the opportunity to support ethical dialogue, integrity, and professionalism within an international community that continues to evolve. This role has at times been challenging, requiring patience, discernment, compassion, and neutrality, yet I believe these conversations are important for the ongoing development and credibility of the breathwork profession worldwide. As I complete my sixth and final year this October and prepare to step down from the committee, I do so with gratitude for the people I have worked alongside and respect for the ongoing work ahead. I look forward to supporting a smooth transition for new leadership stepping into the role. I sincerely appreciate the friendships, learning, and shared commitment to breathwork that this experience has brought into my life.
Elected as IC Member in (year)
2020

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Will I continue in my position?
No
Reason for stepping down
End of my term
How much did I enjoy being in my role? On a scale from 0 to 10, where 10 is the best.
8
How was my experience working with my IC team colleagues? On a scale from 0 to 10, where 10 is the best.
9
How was it for me to work with the Executive Team? On a scale from 0 to 10, where 10 is the best.
8
How do I like where the organisation is heading? On a scale from 0 to 10, where 10 is the best.
8
Will I attend the next conference?
Yes
My Email
john@johnstamoulos.com
GDPR Agreement
Accepted
Date of submission
19/05/2026