

National Representative Report

Name
Agnieszka Korzeniewska
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Country (click and select)
United Kingdom (UK)
Do you represent a second country?
No
Reporting Year
2026
General Summary: What's happening within the field of breathwork in your country? What actions or activities did you create as the National Representative?
There is an ongoing interest in breathwork within the UK. There are people training to become breathworkers, and the schools and organisations that train students are going strong. Established schools are gaining more clients, and their names are becoming increasingly established. Some individual trainers have stopped training practitioners and are now offering retreats instead. This July, Sandra Ray and Marcus Ray will be coming to the UK, with one of our IBF members organising their visit. The Breath Festival is attracting around 200 participants each year, and I spoke with one of the organisers about promoting IBF at the festival. I organised a Zoom call for UK members. Several sent apologies for being unable to attend, and several others joined. Everyone who attended expressed a desire to feel more connected and to know they're not alone on their breathing journey. The fact that we have over 70 members, yet only 10 responded to the invitation, also illustrates the lack of connection and belonging, something I plan to work on. Separately, I promote IBF and GIC with every client I work with starting by teaching them the value of, and how to use, the IBF app, and simply taking delight in talking about the GIC experience.
Number of individual members in your country
16
Number of professional members in your country

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51
Number of schools / organisations in your country
7
How do you enjoy serving as your country's National Representative? On a scale from 0 to 10, where 10 is the best.
7
Elected as NR in (year)
2024
Will you continue in your role as National Representative for the coming year?
Yes
What are your objectives for next year?
My main objective is to create a sense of community within the UK, where IBF members know each other personally and feel free to connect, collaborate, and support each other. In the long run, this will also help increase participation across IBF: attending our monthly Breathe sessions, participating in forums, coming to GIC, or joining work groups. Hopefully with increased sense of belonging and community, we will see more members attending the GIC in Italy in future years.
Did you attract new members?
No
Have you connected with existing members in your country?
Yes
How was the experience?

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It was a heartwarming and encouraging meeting. I organised a Zoom call for our members. Several sent apologies for being unable to attend, and several others joined. Everyone who attended expressed a desire to feel more connected, and to know they're not alone on their breathing journey. I'm planning to host more of these meetings going forward.

I have spoken individually with several Individual and Professional members about their IBF membership and how they see themselves within it. Whether they practice or not and what is their view/understanding of IBF.

I have also emailed all members information about GIC in Greece, so they have everything they need to make an informed decision about whether they want to participate in the conference.

Were you engaged in World Breathing Day (April 11) in your country/region?

Yes

What happened in your country on the WBD?

I participated in the World Breathing Day as a speaker for half an hour, and I know a few other UK members also took part, some as speakers, and others as audience members. I advertised the event online and in person inviting laypeople as well as breathworkers. In person, I ran a breathing group for mums and babies that weekend, flagged as a World Breathing Day activity. Beyond the summit and UK members' presence there, I'm not aware of what other activities were happening around the country.

Do you run a national IBF social media channel in your country?

No

Did you attend most NR/Taskforce meetings during the last year?

Yes

Do you need support from the organisation, or from fellow NR/Ambassadors?

Yes

Please specify what you need

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Whatever I need on an ongoing basis, I ask for it. I answered "yes" to express my belief that ongoing support, even something as simple as presence at meetings, is crucial to holding a role well, if one wants to carry it properly.

Personally, I have been through a lot of personal growth as a result of stepping into the NR role. It has pushed me to confront my fear of visibility and leadership. I appreciate the role and ask for support when I need it. I am still growing into being able to serve the community best.

That said, I would appreciate having IBF leaflets that could be printed and left at venues I attend. Whether that's mental health related conferences, large expos, yoga studios, or retreats and workshops, anywhere a hard copy leaflet could be left, spreading information about IBF in this "old school" way.

How was it for you to work with members of the IBF leadership teams? On a scale from 0 to 10, where 10 is the best.

10

How do you feel about being in service for the organisation? On a scale from 0 to 10, where 10 is the best.

8

Will you be attending the next conference?

No

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.

8

How do you like the current AGM format? On a scale from 0 to 10, where 10 is the best.

7

GDPR Agreement

Accepted

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Date of submission
17/06/2026