

National Representative Report

Name
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Country (click and select)
Canada
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?
Western Canada: Living, as I do, in a small 10,000 person town, as progressive as we are, we are still building breathwork as a modality. It's happening, but slowly. From what I know, the same is true in most of Western Canada. That said, thankfully the conscious community no longer asks "what is that?" when breathwork is discussed. I am finishing my NR role this year and unfortunately it's been my least productive year. Other than the usual basics, I can't speak to any significant activities/actions for this year.
Number of individual members in your country
0
Number of professional members in your country
0
Number of schools / organisations in your country
0
How do you enjoy serving as your country's National Representative? On a scale from 0 to 10, where 10 is the best.

National Representative Report

7
Elected as NR in (year)
2022
Will you continue in your role as National Representative for the coming year?
No
Reason why you are stepping down
I continuously don't feel like I have the time to contribute in ways that I'd like to.
Do you have a successor, or would you like to suggest a certain person as your successor?
No
Did you attract new members?
No
Have you connected with existing members in your country?
Yes
How was the experience?
Good
Were you engaged in World Breathing Day (April 11) in your country/region?
No
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?

National Representative Report

No
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.
7
How do you feel about being in service for the organisation? On a scale from 0 to 10, where 10 is the best.
7
Will you be attending the next conference?
No
Do you plan to attend the online AGM's?
No
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
16/06/2026