

National Representative Report

Name
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Country (click and select)
Spain
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?
This is my first year as NR. I've been in touch with the WhatsApp group of active IBF members, answering their questions and concerns. I have attended most of the NR and TF meetings. I did a couple of attempts to reach the not very active members and I had a very low response. It's been difficult for me to promote GIC this year. For the first time since I went to my first GIC in Barcelona in 2010, I had doubts about attending to GIC Rodhos. I find that the cost is very high. I don't like the idea of going to an expensive 5 stars hotel for a conference like ours. I would rather keep it simple, affordable and inclusive for families and people with lower resources. Also I was not very attracted to some of the keynote speakers that are not Breathworkers. So unfortunately, it did not feel honest to promote an event I had doubts about.
Number of individual members in your country
6
Number of professional members in your country
11
Number of schools / organisations in your country

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13
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)
2025
Will you continue in your role as National Representative for the coming year?
Yes
What are your objectives for next year?
Be more enthusiastic about GIC Italy and feeling the joy to promote it.
Did you attract new members?
No
Have you connected with existing members in your country?
Yes
How was the experience?
Very low response.
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?

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Yes
Please specify what you need
I feel that our meeting are very inspiring and keep me connected to IBF throughout the year
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.
10
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.
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