

National Representative Report

Name
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Country (click and select)
Ukraine
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?
In early 2026, the Ukrainian Breathwork Association, a nonprofit organization, was officially registered.https://breathwork-association.org/ https://www.facebook.com/breatheofukraine/ On April 11, we held an online Breathing Day for Ukrainians, similar to World Breathing Day, and posted some videos on our YouTube channel. https://www.youtube.com/channel/UCA27DTd9GSw12ofxEdNU41Q I spoke about the IBF Breathing App and IBF. Also, at the end of 2025, I organized a 10-hour online training session by Giten Tonkov for Ukrainians, similar to this one https://biodynamicbreath.com/retreat/online-training/09-2026 I share information about the IBF on my social media accounts
Number of individual members in your country
14
Number of professional members in your country
3
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.

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8
Elected as NR in (year)
2022
Will you continue in your role as National Representative for the coming year?
Yes
What are your objectives for next year?
Continue to promote breathwork, IBF, support the Ukrainian Association, and continue training
Did you attract new members?
No
Have you connected with existing members in your country?
Yes
How was the experience?
I'd like to share some news about IBF events, the GIC conference, and opportunities to help promote breathwork. I share information about the IBF on my social media accounts
Were you engaged in World Breathing Day (April 11) in your country/region?
Yes
What happened in your country on the WBD?
Online World Breathing Day for Ukrainians https://www.youtube.com/channel/UCA27DTd9GSw12ofxEdNU41Q The audience gave positive feedback.
Do you run a national IBF social media channel in your country?
No
Did you attend most NR/Taskforce meetings during the last year?

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Yes
Do you need support from the organisation, or from fellow NR/Ambassadors?
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.
10
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?
Yes
How do you like where the organisation is heading? On a scale from 0 to 10, where 10 is the best.
9
How do you like the current AGM format? On a scale from 0 to 10, where 10 is the best.
10
Room for a personal message (optional)

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Please consider my suggestions for improving operations and further development (in my personal opinion): 1. Add a section on suggestions to the annual report. 2. Create a section on the website with scientific evidence of the benefits of breathwork, results of scientific research, and publications of accessible scientific and ethical articles by leading experts in breathwork. 3. Encourage the sale of paper books, methodological guides, and magazines about breathwork at conferences. 4. Develop efforts to secure grants for promoting psychological assistance using breathwork, conducting potential scientific research, developing the website, etc. 5. Define a 5-year development plan, move forward with its implementation, and secure grants. Develop a marketing plan. 6. Encourage members—psychologists and researchers from the working group—to participate in international scientific conferences with presentations on the benefits of breathwork. 7. Share information about countries where breathwork are a proven method of therapy or are covered by health insurance.
GDPR Agreement
Accepted
Date of submission
03/06/2026