

National Representative Report

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Country (click and select)
Türkiye
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?
Over the past year, my primary focus has been to increase awareness of the IBF within the Turkish breathwork community and to create stronger connections. One of the most significant initiatives was the creation of the IBF Türkiye Instagram account. The account was launched in March 2025 and published its first post in April 2025. In its first year, the account has grown to 120 followers and has shared 81 posts dedicated to introducing IBF, promoting its values, activities and global events (including WBD). During the last 3 months alone, our content reached more than 2,000 views, helping us expand awareness of IBF among Turkish-speaking audiences. Beyond social media, I actively reached out to breathwork schools to introduce IBF and encourage engagement with the wider international breathwork community. With the GIC taking place in Rhodes, a destination easily accessible from Türkiye, I made a particular effort to inform local breathwork communities about the conference and encourage participation. Throughout the year, I served as a bridge between IBF and the Turkish breathwork community by sharing updates, communicating opportunities, answering questions, and helping people better understand the role and mission of IBF. In addition, I actively contributed to the volunteer efforts of IBF through my involvement in the IBF Comms Team and I am also part of GIC 2026 Organizing Team. Working alongside colleagues from different countries has been both inspiring and rewarding, strengthening the sense of global connection that IBF seeks to cultivate. More than anything, this year has been about planting seeds—creating visibility, building relationships, and helping more breathwork professionals in Türkiye feel connected to a larger international community. While the numbers tell part of the story, the most meaningful achievement has been fostering a growing sense of awareness, curiosity, and engagement with IBF and its mission.
Number of individual members in your country

1-07-20261/4

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3
Number of professional members in your country
2
Number of schools / organisations in your country
1
How do you enjoy serving as your country's National Representative? On a scale from 0 to 10, where 10 is the best.
10
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?
- continue strengthening the visibility and presence of the IBF within the Turkish breathwork community. - further develop IBF Türkiye's communication channels by creating consistent Turkish-language content that introduces IBF's mission, values, ethical standards, initiatives, and activities to a wider audience - hope to create more opportunities for dialogue and collaboration with breathwork schools
Did you attract new members?
No
Have you connected with existing members in your country?
Yes
How was the experience?

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I have connected with some existing IBF members throughout the year, particularly in relation to promoting IBF activities and sharing information about GIC 2026.

While I have not yet had the opportunity to establish direct contact with every existing member in the country, I have been actively increasing awareness of IBF through social media, personal outreach, and communication with breathwork schools.

Strengthening connections with existing members is an area I would like to develop further in the coming year.

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?

Yes

Select your channel

Instagram

Please specify the address/user handle/URL of the channel

ibf.breathwork.turkiye

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

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.

10

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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.
9
Room for a personal message (optional)
First of all, I would like to thank everyone involved in creating the new online reporting platform. I found it clear and user-friendly. One thing I appreciated in previous years was hearing updates from the Executive Team during Task Force meetings about the priorities, projects etc. Those updates helped me better understand the organization's direction. I would be happy to see this type of communication continue, whether through meetings, newsletters, or other channels. Another suggestion relates to member engagement. It would be very helpful if NRs could be notified when a new member joins IBF from their country. Not all new members join through direct contact with their National Representative. Receiving such notifications would allow us to welcome them personally, introduce ourselves, and help them feel connected to both the local and international IBF community from the beginning. Thank you for the ongoing efforts to strengthen communication and collaboration across the organization.
GDPR Agreement
Accepted
Date of submission
15/06/2026