

National Representative Report

Name
Hameed Redha
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Country (click and select)
Bahrain
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?
: my activities were not limited to in-person one-to-one breathing sessions with clients from my own country of Bahrain during last year. Clients were coming to see I for breathing sessions from neighbouring countries such as Saudi Arabia and Qatar. I also was asked to travel to the neighbouring country of Qatar to see more than a client. I continued providing online breathing sessions for clients from several countries including United Arab Emirates and Oman. I was able to actively hold a good number of sessions compared to the previous years. I took the opportunity to develop my own knowledge, skills and experience. Two colleagues were certified as Transformational Breath facilitators and Group Leaders last year. They were invited to join IBF which only one of them did. They were both active and cooperative.
Number of individual members in your country
0
Number of professional members in your country
2
Number of schools / organisations in your country
0

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How do you enjoy serving as your country's National Representative? On a scale from 0 to 10, where 10 is the best.
9
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?
• To hold more group breathing sessions as a more effective means of spreading awareness for breathwork, in general, and for IBF's initiatives in particular. • To continue inviting as many people as possible to join IBF, though they are more likely to join as friends. • To plan, organize and celebrate the next WBD 2027 in a special way. • To continue attending Task force and NR meetings and participate more actively. • To translate and/or proofread more materials for the Arabic audience and members of IBF. • To luckily attend the GIC 2027.
Did you attract new members?
Yes
How did you do this? Any best practices to share?
through my contacts with other breathworkers.
Have you connected with existing members in your country?
Yes
How was the experience?
the willing to cooperative is present but the pace is slow.
Were you engaged in World Breathing Day (April 11) in your country/region?

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Yes
What happened in your country on the WBD?
As in the past few years, I continued to hold a gathering for friends and family to connect and breathe on the 11th of April, this year some clients from other countries joined us online too.
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?
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.
9
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.
10
How do you like the current AGM format? On a scale from 0 to 10, where 10 is the best.

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GDPR Agreement
Accepted
Date of submission
16/06/2026