

National Representative Report

Name
Heinz Gerd Lange
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Country (click and select)
Germany
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?
We continuously promoting Breathwork through our Breathwork association (ATEMVerein Germany). We are hosting regular member events and once a year a breathwork conference. We also host monthly zoom talks and introduction events to different types of Breathwork. During the year I have been networking with other breathwork associations in Germany many of them who have been unaware of the IBF.
Number of individual members in your country
9
Number of professional members in your country
27
Number of schools / organisations in your country
6
How do you enjoy serving as your country's National Representative? On a scale from 0 to 10, where 10 is the best.
9

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Elected as NR in (year)
2012
Will you continue in your role as National Representative for the coming year?
Yes
What are your objectives for next year?
still trying to activate unlisted schools to join IBF and AVD
Did you attract new members?
Yes
How did you do this? Any best practices to share?
Mostly due to our promotional activities around the annual Breathworkdays....
Have you connected with existing members in your country?
Yes
How was the experience?
mostly through our professional association, and through online zoomtalks and zoom sessions...everything we did was well received
Were you engaged in World Breathing Day (April 11) in your country/region?
Yes
What happened in your country on the WBD?
WBD fell on one of our training days and we tkked to all the students about this and IBF, I and some of our students gave meditations and talks on the official WBD program. Addirtionally Lera and i hosted an online breathingssession on the Ukrainian Breathwork days
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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No
If not, what was the reason?
We are still tremdously busy with our retreat centre Building work...on two accasions i was abroad and not able to join due to teaching responsibilities
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.
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)
I wish all the best to the exec team and all our NR colleaugues and ambassadors. Have a great GIC. infortunazely we have a retreat on the start weekend and already on the thursday we afre hostiung a large group in our retreat centre, which means we could have Arrived monfday night and would have to leave on Wednesday already ...which would have made no sense at all...have. agreat time and missing you all

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GDPR Agreement
Accepted
Date of submission
17/06/2026