

National Representative Report

Name
Liisa Halme
Email
liisahalme@mac.com
Country (click and select)
Hong Kong
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?
I have been working on bringing the existing very small Breathwork community in Hong Kong together socially. We have had some in-person meetups and quite a lot of other contact over the year. I keep inviting the non-members to IBF events (online and GIC) to encourage them to become members. Besides seeing private breathwork clients, I organise small breathing circles (up to 6 people) and have someone potential lined up to assist me in the future when I decide to open them up to larger groups.
Number of individual members in your country
0
Number of professional members in your country
3
Number of schools / organisations in your country
-5
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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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?
The HK Breathwork community is small, but I have been working on getting three (new) breathwork practitioners to become IBF members. My plan is to organise a meet-up in my home for us all (6 or 7 breathwork professionals) to get together, breathe, share what we do and support each other, hopefully making it a regular thing. I also hope to involve them professionally and create a joint breathing circle.
Did you attract new members?
No
Have you connected with existing members in your country?
Yes
How was the experience?
Really good! We are enjoying getting to know each other and building a (small) community.
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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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.
9
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?
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.
7
Room for a personal message (optional)
I'm loving being an active part of this global community of breathworkers and breath lovers, and am proud to serve as an NR and a member of the ET. Sometimes people forget that we are all volunteers, but most of the time the work is enjoyable and fun.
GDPR Agreement
Accepted
Date of submission
08/06/2026