

National Representative Report

Name
Manal AlMusallam
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Country (click and select)
Kuwait
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?
During 2026, the breathwork field continued to attract interest across Kuwait and the Arab region. However, due to the regional conflict and instability affecting the area, many in-person workshops, training programs, and events had to be postponed or cancelled. Despite these challenges, I continued supporting the breathwork community through regular online activities. Throughout the year, I facilitated approximately three online workshops per month, including one free community session and two low-cost educational workshops designed to make breathwork accessible to a wider audience. In October 2025, I officially launched the Nesmah® Method, which became the first dedicated Arab breathwork school and training system developed specifically for the Arab world. The method focuses on conscious breathing, personal development, emotional awareness, and wellbeing within a culturally appropriate framework. In December 2025, I facilitated a weekend breathwork training program in Saudi Arabia. In February 2026, I led a four-day retreat in Morocco. Looking ahead, I will continue contributing to the growth of breathwork education through online training programs. In June 2026, I will offer an online Facilitator Training focused on teaching facilitators how to safely guide online breathwork sessions. In July 2026, I will offer an online Weekend Breathwork Training for individuals interested in learning breathing techniques for personal development and wellbeing. During these programs, I will continue introducing participants to the International Breathwork Foundation (IBF), raising awareness about its mission, ethical standards, and international breathwork community. As National Representative, I remain committed to promoting professional breathwork education, ethical practice, international collaboration, and public awareness of the benefits of conscious breathing throughout the Arab region

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Number of individual members in your country
2
Number of professional members in your country
1
Number of schools / organisations in your country
2
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)
2018
Will you continue in your role as National Representative for the coming year?
Yes
What are your objectives for next year?
Increase number of members in IBF And promoting and help to bring more people into CIG
Did you attract new members?
Yes
How did you do this? Any best practices to share?
I spoke about IBF and how it's a beautiful international network, nurturing, supportive, and caring where people can get to know each other and it's a bigger family. It feels safe to be within this beautiful network and keep people updated and connected.
Have you connected with existing members in your country?
Yes
How was the experience?

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There is only one member who is my student and colleague and now she's planning to come to GIC. Hopefully More members to come.

Were you engaged in World Breathing Day (April 11) in your country/region?

Yes

What happened in your country on the WBD?

I offered discount on my next online workshop dedicated for WBD

I offered a free online Breath experience

I announced it on Instagram and into my network that this date is WBD

Since we were in war I had to work online and not in person.

Do you run a national IBF social media channel in your country?

No

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

No

If not, what was the reason?

The timings were not suitable. Sometimes we were in Ramadan fasting month and it was during our breakfast meal. Sometimes I'm away for an appointment.

Whenever I am available, I always make sure to attend

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.

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10
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.
10
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)
I remain deeply dedicated to the field of breathwork and to supporting the growth of the global breathwork community. One of my goals for this year is to introduce more people in the Arab region to the International Breathwork Foundation and encourage greater participation and membership. I am confident that by 2027, many more practitioners, facilitators, and individuals interested in conscious breathing will become familiar with IBF and its valuable contribution to the profession. I am now working independently through my own breathwork school, which allows me greater flexibility in creating programs, reaching new audiences, and expanding awareness of Breathwork throughout the region. This flexibility will also help me introduce more people to IBF and its international community. Thank you for your continued efforts in supporting breathworkers around the world.
GDPR Agreement
Accepted
Date of submission
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