

National Representative Report

Name
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Email
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Country (click and select)
Greece
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?
There has been a lot of general movement eith practitioners and Trainers and new Breathwork stars were born.. Personally I engaged with offering my certification Training, Breathwork workshop, the organising of Gic and previews and Breathwork events in different cities. I engaged with other practitioners to sign up at the IBF abd also to the Gic. I engaged actively with 2 Workgroups: the Professionalism and the Ethics. I have been resolving IC matters
Number of individual members in your country
2
Number of professional members in your country
8
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.

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8
Elected as NR in (year)
2007
Will you continue in your role as National Representative for the coming year?
Yes
What are your objectives for next year?
To find a replacement To support the replacement To continue offering my wisdom in the Workgroups To support the next generations of Gic leaders To participate in Gics
Did you attract new members?
Yes
How did you do this? Any best practices to share?
Approaching the organisation that has been created in Greece and actively encouraging them to become individual members abd or professional members. By creating certified Breathwirk trainings By organising a Gic
Have you connected with existing members in your country?
Yes
How was the experience?
Not easy
Were you engaged in World Breathing Day (April 11) in your country/region?
Yes

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What happened in your country on the WBD?
There were a lot of workshops that happened by practitioners. I organized a workshop for the WBD abd with a Gic preview
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?
Yes
Please specify what you need
To become more active in promoting IBF abd Gic matters
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.
8
How do you feel about being in service for the organisation? On a scale from 0 to 10, where 10 is the best.
8
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.
8
How do you like the current AGM format? On a scale from 0 to 10, where 10 is the best.
8

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Room for a personal message (optional)
I have found that sometimes people engage in IBF roles for personal gain. Although I find this ok it is shadowing the personification of the role when the only motive is this.
GDPR Agreement
Accepted
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03/06/2026