

National Representative Report

Name
Nadia Haugh
Email
nadiahaugh@gmail.com
Country (click and select)
Ireland
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 breathwork practice, The Breathing Room, keeps growing every year with one-one sessions every week day and holding retreats (on average 7 a year). Some of the retreats are training modules, where I am train people to become breathworkers. I have 4 certified breathworkers/trainers by my side.. and 6 breathworkers in training. I travel to assist in giving trainings. I have also started to give one day workshops or weekend workshops. I hold monthly breathing circles too and they are getting bigger and becoming a place for our community to gather. By spreading the word and work of conscious connected breathing in Ireland I keep spreading the work the IBF does. There are already 7 people from Ireland attending the GIC in Greece, possibly a few more will join!
Number of individual members in your country
7
Number of professional members in your country
11
Number of schools / organisations in your country
2

National Representative Report

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)
2018
Will you continue in your role as National Representative for the coming year?
No
Reason why you are stepping down
I have served my role for 8 years now and as the by laws state I have to step down. I will be handing over my role to my colleague Eoin Daly
Do you have a successor, or would you like to suggest a certain person as your successor?
Yes
Who would you like to suggest?
Eoin Daly
Did you attract new members?
Yes
How did you do this? Any best practices to share?
Talk about the IBF, its ethics and standards and the GIC (a place to gather and meet new breathworkers/colleagues and experience new modalities, learn and share.
Have you connected with existing members in your country?
Yes
How was the experience?
During workshops, retreats and monthly breathing circles
Were you engaged in World Breathing Day (April 11) in your country/region?

National Representative Report

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?
No
If not, what was the reason?
The new times don't suit me as it is usually during the day when I am with clients and often I was away at ones of my retreats.
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.
8
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.
8
How do you like the current AGM format? On a scale from 0 to 10, where 10 is the best.
8
GDPR Agreement

National Representative Report

Accepted
Date of submission
06/06/2026