

# National Representative Report

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|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name</b>                                                                                                                                                        |
| Uldis Kirsis                                                                                                                                                       |
| <b>Email</b>                                                                                                                                                       |
| uldis@sit.lv                                                                                                                                                       |
| <b>Country (click and select)</b>                                                                                                                                  |
| Latvia                                                                                                                                                             |
| <b>Do you represent a second country?</b>                                                                                                                          |
| No                                                                                                                                                                 |
| <b>Reporting Year</b>                                                                                                                                              |
| 2026                                                                                                                                                               |
| <b>General Summary: What's happening within the field of breathwork in your country? What actions or activities did you create as the National Representative?</b> |
| prpopose to visit GIC<br>breathwork facilitation<br>breathwork association creation<br>World breathing day advertising / technical support                         |
| <b>Number of individual members in your country</b>                                                                                                                |
| 2                                                                                                                                                                  |
| <b>Number of professional members in your country</b>                                                                                                              |
| 1                                                                                                                                                                  |
| <b>Number of schools / organisations in your country</b>                                                                                                           |
| 0                                                                                                                                                                  |
| <b>How do you enjoy serving as your country's National Representative? On a scale from 0 to 10, where 10 is the best.</b>                                          |
| 8                                                                                                                                                                  |
| <b>Elected as NR in (year)</b>                                                                                                                                     |

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| 2024                                                                                             |
| <b>Will you continue in your role as National Representative for the coming year?</b>            |
| No                                                                                               |
| <b>Reason why you are stepping down</b>                                                          |
| 2 years of serving                                                                               |
| <b>Do you have a successor, or would you like to suggest a certain person as your successor?</b> |
| Yes                                                                                              |
| <b>Who would you like to suggest?</b>                                                            |
| Indra Sproge                                                                                     |
| <b>Did you attract new members?</b>                                                              |
| No                                                                                               |
| <b>Have you connected with existing members in your country?</b>                                 |
| Yes                                                                                              |
| <b>How was the experience?</b>                                                                   |
| Good :)                                                                                          |
| <b>Were you engaged in World Breathing Day (April 11 ) in your country/region?</b>               |
| Yes                                                                                              |
| <b>What happened in your country on the WBD?</b>                                                 |
| Several small events, i was active in IBF WBD zoom.                                              |
| <b>Do you run a national IBF social media channel in your country?</b>                           |
| No                                                                                               |
| <b>Did you attend most NR/Taskforce meetings during the last year?</b>                           |

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|----------------------------------------------------------------------------------------------------------------------------|
| Yes                                                                                                                        |
| <b>Do you need support from the organisation, or from fellow NR/Ambassadors?</b>                                           |
| No                                                                                                                         |
| <b>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.</b> |
| 10                                                                                                                         |
| <b>How do you feel about being in service for the organisation? On a scale from 0 to 10, where 10 is the best.</b>         |
| 10                                                                                                                         |
| <b>Will you be attending the next conference?</b>                                                                          |
| Yes                                                                                                                        |
| <b>How do you like where the organisation is heading? On a scale from 0 to 10, where 10 is the best.</b>                   |
| 10                                                                                                                         |
| <b>How do you like the current AGM format? On a scale from 0 to 10, where 10 is the best.</b>                              |
| 10                                                                                                                         |
| <b>GDPR Agreement</b>                                                                                                      |
| Accepted                                                                                                                   |
| <b>Date of submission</b>                                                                                                  |
| 16/06/2026                                                                                                                 |