



# CELEBRATE YOUR BREATH

The "Global Day of Conscious Breathing" January 22, is a day dedicated to the Art of Conscious Breathing.

YOU are invited to celebrate the power of your conscious breath.

We, the International Breathwork Foundation (IBF) , invite you on January 22, 2016 at 12:00 noon (your time zone) , to connect by internet for 15 minutes with the Universal Breathing Room of [www.DoAsOne.com](http://www.DoAsOne.com).

Check with the IBF National Coordinator of your country, or the IBF website or Facebook page, about local events. May your year be filled with peace and harmony, from all the IBF members across the globe.

And if you are away from the internet, just sit, close your eyes and focus your attention on your inhale and your exhale. Try this for 15 minutes, longer if you wish. Nothing to do, or think, or say, nothing to change... just pay gentle, loving attention to your breath.

Are you curious about how conscious breathing can bring peace and harmony into your life? It can! It does! Conscious Breathing in its many forms is practiced all around the world. Find out more...

22/01/2016

All around the world

[www.ibfnetwork.com](http://www.ibfnetwork.com)