“The purpose of the IBF is to promote a heart-centred approach to breathwork, its theory and practice, for the expansion of consciousness and for personal and global transformation”
# TABLE OF CONTENTS

## INTRODUCTION

1. INTRODUCTION TO IBF

## THE IBF BY-LAWS

2. THE IBF BY-LAWS

## CONSTITUTIONAL BY-LAWS

3. CONSTITUTIONAL BY-LAWS

## REFERENDUM BY-LAWS

4. REFERENDUM BY-LAWS

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### 1 IBF MEMBERSHIP

1.1 MEMBERSHIP FEES

1.2 MEMBERSHIP BENEFITS

1.3 HONORARY MEMBERS

### 2 THE IBF TASK FORCE

2.1 ADMIN TEAM

2.2 INTEGRITY COMMITTEE

2.3 NATIONAL COORDINATORS

2.3.1 Minimum Requirements of a NC

2.3.2 NCs’ Responsibilities

2.4 TASK FORCE COMPENSATION

### 3 THE DECISION MAKING PROCESS

3.1 HANDLING OF PROPOSALS

3.2 VOTING GUIDELINES

3.3 VOTING PROCEDURE DURING THE AGM

3.4 AGM GUIDELINES

3.4.1 AGM Team

3.4.2 AGM Agenda

### 4 FINANCES

4.1 FINANCIAL PROCEDURE

4.2 SUPPORT FUND

4.3 TRANSLATION FUND

### 5 THE GLOBAL INSPIRATION CONFERENCE

5. THE GLOBAL INSPIRATION CONFERENCE

### 6 IBF MEDIA

6.1 NEWSLETTER

6.2 BREATHWORK MAGAZINES

6.3 PUBLICATIONS

6.4 DIRECTORY

6.5 WEBSITE

### 7 GIC AWARD

7. GIC AWARD

### 8 IBF CORE VALUES

8. IBF CORE VALUES

### 9 GUIDELINES, STANDARDS AND QUALIFICATIONS FOR BREATHWORK CONSCIOUS CONNECTED BREATHWORK

9.1 GUIDELINES FOR TRAINING AS A PROFESSIONAL BREATHWORK PRACTITIONER

9.2 PRACTICAL GUIDELINES FOR PRACTITIONERS WORKING WITH CLIENTS

9.3 ON-GOING DEVELOPMENT OF CONSCIOUS BREATHWORK PRACTITIONERS

9.4 ETHICAL GUIDELINES FOR CONSCIOUS CONNECTED BREATHWORK PRACTITIONERS
INTRODUCTION

The International Breathwork Foundation (IBF) is a global network open to all interested people who share a common interest in conscious breathing as a tool for health, well-being and spiritual growth.

The IBF was created in June 1994, during the first Global Inspiration Conference (GIC) in Sweden, and was officially incorporated as a non-profit organisation in Holland in June 2000. Principal funding of the foundation is by annual membership fees.

The IBF has an open, respectful and inclusive spirit of all nations, races, religions, spiritual traditions and breathing techniques and does not adhere to any specific tradition, religious or otherwise.

The IBF serves as a research and documentation centre for collecting, collating and disseminating information from around the world about breathwork and its diverse theories, techniques, practices, schools and trainings.

A Global Inspiration Conference is held annually under the auspices of the IBF and is hosted in a different country each year. During the conference, the IBF holds its Annual General Meeting (AGM). All registered participants at the conference are welcome to participate in the AGM where decisions regarding the future direction of the IBF and its relationship to breathwork are made.

The International Breathwork Foundation offers the possibility to all people devoted to Conscious Breathing, independently of its modality, to creatively participate in a global activity that promotes and honours the breath as a transformational tool for healing and personal growth. All are welcome to join the IBF network.
THE IBF BY-LAWS

1. The IBF By-laws came into being during GIC 1999.
2. Constitutional proposals may come into effect as soon as they are voted through by the AGM, as long as they are not affecting any existing constitutional laws. Once a constitutional issue is re-confirmed by a consecutive AGM, it becomes part of the IBF constitution and can thereafter only be changed by two consecutive AGM’s.
3. All the IBF constitutional By-laws are listed below.
4. All subsequent by-laws noted in this document are classified as Referendum Issues and can be modified at the IBF AGM by following the voting procedure listed.

CONSTITUTIONAL BY-LAWS

1. The International Breathwork Foundation’s vision is to be a global inspiration for evolution, healing and aliveness.
2. Statement of purpose: “The purpose of the IBF is to promote a heart-centred approach to breathwork, its theory and practice, for the expansion of consciousness and for personal and global transformation.”
3. The IBF network is open to all people interested in breathwork, embracing diversity and a respectful interactive dialogue.
4. The IBF has an open, respectful and inclusive spirit of all nations, races, religions and spiritual traditions and does not adhere to any specific tradition, religious or otherwise.
5. IBF is committed to physical and psychological non-violence.
6. As a heart-centred organization, the IBF strives to acknowledge, understand and respond to the needs of its members.
7. All constitutional and referendum major decisions concerning IBF are taken at the General Assembly held at each GIC.
8. Only IBF members present at the AGM have the right to vote. Non-members may attend, speak and put forward proposals, but they do not have the right to vote.
9. General Assembly decisions are taken by a two-thirds majority (2 pros - 1 con) counting only those who decide to vote and are present at the time of voting.
10. Everybody attending the conference has equal freedom of speech in the work groups and in the AGM, but within the conference format as outlined at the beginning of each GIC.
11. The Administration Team is empowered by the AGM to carry out all tasks approved at each GIC.
12. All elected officers are answerable to the AGM regarding IBF business.
13. All members have the right to receive any details on IBF business from the appropriate elected officer regarding decisions, actions and finances of the IBF.
REFERENDUM BY-LAWS

1 IBF Membership

1.1 Membership Fees

- The Euro is the only currency for membership payments.
- as of July 2015, IBF now counts with 6 categories of membership:

  - Friends - €10
  - Members - €50
  - Professional Breathworkers - €75
  - Other Professionals - €75 (therapist, yoga-teacher, etc. who uses the breath as additional tool in their work)
  - Organization members, Schools - €100
  - Honorary members - fee waived

When subscribing or renewing membership, members are free to donate any contribution in euros to the Breathwork Development Fund.

- Membership begins from date of payment and lasts for one year. Renewal date is the same date a year later.

- Payment is made either by paypal via the IBF website or by bank transfer. In case the payment has to pass through the NC, it should be transferred to IBF bank account as soon as possible to activate the subscription

- Only members in order with payments according to IBF policy appear in the IBF directory and get access to the member section of the website and forum.

- The IBF makes 3 memberships to the organization free of charge to applicants who are making an active contribution to breathwork whilst working under financial constraint. The waiver can be held for a period of time up to 3 years at which point membership becomes payable in full. Similarly, in some exceptional cases, the admin team may offer a lower fee for the period of one year. Allocation is at the discretion of the Admin Team.

1.2 Membership Benefits

Friends and all the other membership receive the following:

1. Access to an active global network of people interested in Conscious Breathing.
2. Regular publications/newsletters including IBF news and breathwork articles, as well as the possibility to contribute by writing articles in the newsletter.
3. Access to the IBF forum and member's area (to be defined still)
4. Free listing as “Friend of the IBF” in the on-line IBF Directory with full name, phone number and email address, unless indicated otherwise.

Members receive all the above plus:
5. 50€ discount on the Global Inspiration Conference’s fee.
6. Possibility to vote during the AGM, and to hold a position in IBF.
7. Discounts in workshops given by IBF-members who are supporting this scheme.
8. Free listing as “Member of the IBF” in the on-line IBF Directory with full name, phone number and email address, unless indicated otherwise.

Professional members receive all the above plus:
9. Free publication of professional member’s events, articles and books.
10. An extended description of professional member’s profile in the IBF directory including a link to professional member’s own website.
11. A digital version of the IBF logo to be used on their website or publicity (to be created and the use still to be defined), to acknowledge their professional membership.
12. Free listing as “Professional Member of the IBF” in the on-line IBF Directory.
13. Easier access to, and collaboration with, other breathworkers: locally and internationally.

Organisational members receive the same benefits as professional members.
For schools and private organisations, the person in charge of the organisation is also listed as professional in the IBF website professional’s directory.
For national, international or regional organisations, grouping several professionals, the person representing the association will appear in the website professional directory only as the contact person for the organisation.

1.3 Honorary Members
Honorary members are voted on at the AGM upon proposal by a member. It is a lifetime membership unless the person is asking to be removed or the AGM votes to remove the person in case of major exceptional circumstances.

2 The IBF Task Force
All voted positions within the IBF are categorized as Task Force positions.
All Task Force members abide by the IBF Task Force Code of Honour and are asked to follow the guidelines of their function listed in detail in the Task Force Manual.

There are three categories of members in the Task Force:

2.1 Admin Team

1. The Admin Team is composed of one or two President(s) and any number of Officers as elected by the AGM.
2. The Admin Team is elected for a maximum term of four years, with an annual re-confirmation vote during the AGM.
3. The Admin Team is encouraged and free to create appropriate procedure and administrative manuals for the IBF. Matters of great importance in these manuals - at the discretion of the Admin Team - have to be voted on during the AGM.
4. Changes in manuals involving financial aspects have to be decided by the AGM.
5. The Role of the Admin Team is:
   • To hold the leadership within the limits defined by the by-laws.
   • To exercise their roles with clarity and a sense of purpose, including making clear decisions within the by-laws.
   • To act in accordance with the core values and vision of the organization.
   • To offer inclusive, warm and welcoming leadership with a sense of openness and approachability.
   • To represent and be responsive to the membership.
   • To communicate effectively with the membership through appropriate methods.
   • To administer the finances in accordance with the by-laws.
   • To act as a steering group for GIC and to ensure that the GIC is delivered in the spirit of IBF.
   • To support and co-ordinate the activities of the NC team.
   • To refine and improve the decision-making processes.
   • To delegate tasks in an appropriate way.
   • To be flexible to adapt to different environments and situations while maintaining the values and purpose of the organization.
   • To exercise commitment to the role within the constraints of volunteerism
6. The President must attend the GIC every year. If absolutely not possible, he/she must nominate someone from the rest of the Admin Team to take his/her role during the GIC. It is highly recommended that the rest of the AT members attend GIC every year.
2.2 Integrity Committee

1. The Integrity Committee (IC) is composed of 3 members with at least one woman and one man.
2. The members of the IC are elected for a maximum term of five years with an annual reconfirmation vote during the AGM. It is recommended that only one IC member step down at a time.
3. The IC acts as an advisory board for the Admin Team and/or as a complaints board for members. If the IC is in consensus, they have the right to block the Admin Team decisions and actions on a particular project for a maximum of one month. If the issue in question is not resolved within one month, action by Admin Team on the project will cease and the issue will be referred to the next GIC.
4. Attempts should first be made to resolve complaints about individuals between the people concerned. If a complaint cannot be resolved satisfactorily it can then be lodged in writing with the IC. The IC will review the matter and make a recommendation. The IC will inform the person about whom they have received a complaint in writing.
5. At least two IC members must attend GIC every year. It is highly recommended that the three IC members attend GIC every year.

2.3 National Coordinators

1. The National Coordinators (NC) team is composed of any number of NCs as elected by the AGM.
2. NCs are elected and re-confirmed annually during the AGM.
3. NCs represent the IBF in their respective country.
4. NCs act as the interface between the IBF and trainers, non-affiliated breathworkers and other associated breathwork organizations within each country.

2.3.1 Minimum Requirements of a NC

1. NCs must have been a member of the IBF for at least one year and have attended at least one GIC.
2. Have completed a professional breathwork training.
   The Admin Team is entitled to propose exceptions to the minimum requirements to become a new NC.

2.3.2 NCs’ Responsibilities

1. Attend to IBF business at a national level:
   - Keep accurate record of IBF member from year to year
   - Maintain contact with existing members and encourage renewal process of older members
– Network with other breathwork organizations in their country
– Attract new individual and organization memberships
– Organize the translation of IBF written material if necessary
– Promote IBF guidelines for breathwork

2. Promote GIC participation and other IBF events
3. Support GIC participants and the GIC-IBF organization and business during the GIC.
4. Stay in regular contact with IBF Admin Team and network with other NCs.
5. Participate in forums, newsletters production, and website posting of events, articles, etc.

2.4 Task Force Compensation

1. All Task Force members offer their services to the IBF on a voluntary basis.
2. The Admin Team endeavour to fulfil their tasks personally and/or by delegation, as they deem necessary.
3. The Admin Team is entrusted by the AGM to enlist professional aid, paid for by the IBF/GIC, should they deem it appropriate/necessary for the task in question to be performed for the smooth running of IBF/GIC, and on condition that there are sufficient funds available for that purpose. IBF matters are paid by IBF funds. GIC matters are paid by GIC funds. The recruitment process will be documented and transparent.
4. As long as the financial situation of IBF allows it, IBF creates a budget to be allocated to the Admin Team to subsidize travel expenses for a business meeting between two GICs (GICs not included). Any travel expenses will be submitted and justified to the Admin Team and be subject to approval.
5. The Admin Team members receive a waiver on
   a. GIC conference fee
   b. GIC lodging fee (to be paid by IBF, except for the GIC organizer whose costs are part of their own conference budget)
   c. Annual membership fee as individual only
   d. Miscellaneous office expenses to be reimbursed upon demand (phone, post, paper, etc.)
6. The Integrity Committee receives a waiver on
   a. GIC conference fee
   b. Annual membership fee as individual only
   c. Miscellaneous office expenses to be reimbursed upon demand (phone, post, paper, etc.)
7. The National Coordinators receive a waiver on
a. Annual membership fee as individual for the year after GIC only if they have 3 or more members in their country, in addition to themselves, at the close of that GIC.

b. Conference fee if they bring three full paying non-members and/or members who did not attend the last two GICs.

8. National coordinators retain 10% of their national membership fees for miscellaneous office expenses and an additional 15% of membership fees for translation expenses incurred in translating the IBF quarterly newsletter - only if it is translated. NCs might choose to pay these amounts out of their own pocket, thus donating to IBF.

3 The Decision Making Process

The IBF holds its Annual General Meeting at the annual Global Inspiration Conference, where all major decisions are made.

The IC and AT, when in consensus, are entrusted to make “non-critical” changes and additions to the text of the by-laws, the GIC Manual, and other IBF documents throughout the year as they deem appropriate. Responsibility for defining changes as “critical” or “non-critical” rests with the IC. Changes defined as critical are to be voted on by the AGM.

The AT will report to the members of the changes agreed upon at least 15 days before the following GIC and this report will also be presented at the assembly at the beginning of the next AGM.

3.1 Handling of Proposals

1. Proposals should be submitted in by e-mail to the IC up to 4 weeks before the conference.

   Additional proposals may be submitted during the conference no later than 7 pm on the day before voting is scheduled to take place. They must be presented in clear written form to the person(s) chairing the voting procedure.

2. All proposals presented for voting will be organised in order of priority by the IC members, evaluating each proposal regarding its a) “importance” b) “clarity” and c) “feasibility”.

   • “Importance” should determine where on the agenda it is placed. The more “important” the higher up.
   • “Clarity” should determine how advanced or ready for the AGM voting the proposal is. If a proposal is very unclear, its author should be given the chance to improve it. If no clearer version is presented, this proposal should be given low priority on the agenda.
• "Feasibility" should determine priority along similar lines as "Clarity". The author of a proposal that is considered very unrealistic should be given a chance to reformulate it. In the absence of any improvement on this proposal, it will be given low priority on the agenda.

Written proposals submitted by e-mail before the GIC will be given additional priority.

3. Proposals for the same or similar issue/s should be "bundled" into separate categories or issues. If possible people with similar proposals should be asked to join forces and propose one proposal between them.

4. Individual voting proposals outside the scope of the work groups will be considered at the end of all the work group presentations and voting proposals.

5. Proposals rejected during voting can be put forward for further discussion and consideration after all other presentations and proposals at this year’s AGM.

6. Reformulated proposals arising from discussion during the voting procedure will be processed at the discretion of the person(s) chairing the AGM in one of the 3 following ways:
   a) Discussed and voted on immediately
   b) Discussed and voted on after other proposals
   c) Voted at next year's AGM

3.2 Voting Guidelines

1. Voting takes place during the AGM.
2. Voting is by show of hands.
3. A two-thirds majority of members voting is required to decide on any voted issue.
4. Exception to this rule is when voting takes place for the organizer for an upcoming GIC:
   If there are two or more proposals, and if in the first round of voting none of them reaches a 2/3 majority, a simple majority is sufficient for one of the proposals to be voted in the second round of voting.
5. Only IBF members present in the AGM meetings have the right to vote.
6. Non-members may attend the AGM, speak and put forward proposals, but they do not have the right to vote.
7. Voting follows presentations and proposals from the various work and discussion groups, or from individuals.
8. Participants are asked to take responsibility for voting only if/when they are clear about and committed to the issue in question.
9. Proposals handed to the AGM Team to be presented for voting at the AGM, cannot be changed or reworded without the approval of its author, except for linguistic corrections.
### 3.3 Voting Procedure during the AGM

1. On the voting day all voting proposals are read out.
2. After each proposal is read out, there is time for discussion, questions, comments and expression of concerns.
3. It is suggested that only those with something new or important to add speak, as briefly and clearly as possible.
4. **End of Discussion.** At any time during discussion and questions, anyone may call for an end to the discussion. Following this call, there will be a vote on this by a show of hands. If the majority of those present agree to end the discussion, the meeting will move on directly to a short presentation (one minute) by someone in favour of the proposal, followed by a short presentation (one minute) by someone against the proposal.
5. At the end of these presentations the meeting will move on to voting, based on the decision by a two-thirds majority.
6. In case the voting on end of discussion is defeated, the discussion will continue until agreement is reached by a further call and vote to end the discussion.
7. A voting proposal may be withdrawn at any moment during the above procedure at the discretion of the person presenting the proposal.

### 3.4 AGM Guidelines

#### 3.4.1 AGM Team

One member of the IC or a person nominated by the IC will chair the AGM. The chairperson of the AGM will then appoint the other members of the AGM-team.

The AGM team may consist of:
- One Chairperson (Orchestrates Proceedings)
- One Vice-Chairperson (Assists)
- One Turn Caller (Order of Speakers gallery)
- Two-minute takers (rotating)
- Board Writer
- Agenda Co-ordinator

#### 3.4.2 AGM Agenda

1. The proposals that were submitted 4 weeks before the conference should be presented to the AGM by the AGM Team in a clear but short summary on the first AGM meeting and also be made available on the GIC notice board during the conference.
2. The AGM is not held on the first full day of the GIC which is devoted to a community breathe and other introductory activities.

3. The AGM is held from the second to the sixth day of the conference. There is flexibility available for the order and sequence of AGM events and the following is intended only as a guideline.
   - On day 1 of the AGM, which is the second day of the Conference the AT, the IC and the NC Team submit their reports, which will be posted on the IBF notice board. Next year’s GIC will be presented and the host country for the year following that will be nominated.
   - On day 2 of the AGM, which is the third day of the conference the working groups will start their work on the proposed topics and will come up with “ready for voting” proposals.
   - On day 3 of the AGM, which is the fourth day of the conference, voting on the different proposals takes place according to the decided agenda.
   - On day 4 of the AGM, which is the fifth day of the conference the re-election and election of the IBF task force will take place. The nominated host country for GIC two years ahead will present this event.
   - On day 5 of the AGM, which is the sixth day of the conference, voting on the different proposals takes place if necessary.

4 Finances

4.1 Financial Procedure

1. All accounts and other financial reporting should be revised and approved by the President/s and audited by the IC or someone of their choice. The IC may also choose to require the services of a professional, authorized accountant, if they deem it necessary.

2. The financial year starts on March 1st to allow time for auditing of all accounts before the AGM.

3. A financial report is presented to the AGM based on the audited accounts. This report has to be formally approved by the AGM.

4. All official IBF documents are available to members via the website.

4.2 Support Fund

1. IBF maintains a Breathwork Development Fund to support international development of breathwork.
   The fund will be available for projects such as:
   a) Financial support for GIC attendance to individuals that have a well-defined project for which attending GIC is clearing adding value to the project.
b) Part-funding of scholarships for breathwork training.
c) Supporting progressive application of breathwork.

2. The Breathwork Development Fund is administered by the Admin team, with an annual update to the membership at the GIC.

3. The Breathwork Development Fund is fuelled by:
   a) Donations from individuals and organizations.
   b) From general IBF funds at the discretion of the Admin team.

4. The Breathwork Development Fund is available to IBF members, or non-members, but can only be applied for through a Business Plan submitted by an IBF member.

4.3 Translation Fund

IBF creates a fund to support translation of IBF related literature within the annual budget.

5  The Global Inspiration Conference

1. The IBF has a GIC Organisers Manual that fully details the guidelines for the production of the Global Inspiration Conference. This manual is updated annually according to AGM decisions and is available for the members on the IBF webpage.

2. In order for a GIC to be organized and run smoothly according to the spirit of the IBF, a potential GIC organizer should have been a member of IBF for at least two years and have attended one full GIC prior to proposing their country as a host country. If the Admin Team think it necessary they may waive this rule.

3. A potential GIC organizer should have read, studied and understood the entire GIC Organizer’s Manual.

4. The location, organizer and dates of GIC are decided upon two years in advance.

5. The GIC Manual is to be followed by the organizer.

6. Once nominated the GIC organizer is co-opted onto the Admin Team for the year preceding their GIC and remains for 3 months after the conference to ensure adequate completion of GIC matters.

7. The GIC conference fee is agreed upon by the GIC organizer together with the President and the Treasurer taking into consideration the country where the GIC is held and economic factors such as inflation.

8. The IBF royalty fee can be adjusted upon the unanimous agreement of the Admin Team, the IC and GIC organiser.

9. Smoking is prohibited in buildings and on grounds of GIC and it is strongly recommended that alcohol be not used during GIC.
10. The GIC organizer should ensure that the necessary guidelines for workshop presenters and participants are clearly exhibited at the conference.

6 IBF Media

6.1 Newsletter

1. The Newsletter Editor is responsible to organise the content and the layout of the IBF Newsletter.
2. Brochures/fliers of IBF members can be sent out with the newsletter for a fee.
3. The IBF produces an electronic newsletter for members, with a print version available upon request

6.2 Breathwork Magazines

The IBF encourages breathwork magazines.

6.3 Publications

1. At the annual IBF conference, a space is given (15-20 minutes) to present breathwork, scientific journals and books.
2. A future goal of the IBF is to form a research committee with the following purposes:
   - Compile a database of research into Conscious Breathing of all varieties: medical, biofeedback, etc.
   - Provide frameworks for research, questionnaires, etc.
   - Relate breathwork to standard psychotherapy terminology.

6.4 Directory

All registered paid members are listed on the online IBF Directory with their name and current contact details.

6.5 Website

1. IBF’s By-laws, the IBF Core Values and the Guidelines for Conscious Connected Breathwork from the by-laws, should be placed in a preferred space in the IBF webpage, very visible and available to every visitor.
2. All the IBF manuals should be available on the IBF website accessible to IBF members.
3. Individuals and organizations who are members of the IBF and organizations’ individual representatives have the option to be listed in
the Directory section on the IBF website.

4. The IBF website includes a forum reserved for IBF members.

5. Free space is offered in the Calendar section to IBF members wishing to publicise their breathwork schools, workshops, conferences or other activities related to or supporting breathwork.

6. IBF members have the option to link their personal websites to the IBF website.

7. Historical documents: i.e. a compilation of AGM reports, GIC reports, Newsletters and Annual Admin Team, IC and NC Reports are available on the IBF website accessible to IBF members.

8. Describing texts and Guidelines for specific breathwork techniques for inclusion in the “Breathwork Techniques Guidelines” section of the IBF website must be submitted and agreed by members or non-members who are qualified in these techniques, and then approved by the Admin Team.

9. Products using the IBF name or logo can be sold on the IBF website. The IBF Integrity Committee must approve all other products or commercial advertising.

10. The IBF website will be open to exchange links with relevant websites of general interest approved by the IBF Admin team with supervision from the Integrity Committee.

7 GIC Award

Exceptional service to the IBF is formally recognized and honoured by the presentation of a Global Inspiration Award at the Global Inspiration Conference.

Proposals for this award will follow IBF Proposal Procedure. A suitable award will be created by IBF and retained by the recipient for life. The task force is entrusted to find/create a suitable award symbol.

8 IBF Core Values

Right Relationship
We celebrate the interconnected nature of life and respond in right relation to each other and the world around us; directing our affairs with love, honor and respect.

Conscious Breathing
Conscious breath is at the heart of our community and we trust it to guide us to the truth.

Authenticity and Integrity
We are dedicated to authenticity and integrity in our lives, and challenge behaviors and perspectives that are not aligned with the highest good of all.

Conscious communication
Conscious communication is a natural mode of relating in our community. We have the courage to communicate our truth lovingly in the name of healing, and we are clear that it is not necessary to take others communications personally.

**Personal and Collective Responsibility**
We take personal responsibility for our thoughts, words and actions; acknowledging and respecting the power of the creator in each one of us.

**Flexibility and Responsiveness**
We recognize the power in quantum change, and maintain flexibility in our perspectives and actions to accommodate the unknown.

**Understanding and Knowledge**
We acknowledge the multiple sources of intelligence available to us; we are guided by our hearts, divine inspiration and mental abilities in our decision making processes.

**Consciousness**
Being committed to consciousness we have the courage to acknowledge, embrace and integrate our shadow side. Through our own commitment to healing, we inspire others to develop and grow in conscious awareness.

**Trust, Security and Self Love**
We trust the manifesting mystery of life and know that as we explore our internal and external worlds, self-care, support and consideration for others is of the highest importance.

**Global Healing**
Through our continued dedication to conscious awareness in our lives, we emanate the qualities of awakened presence into the world.

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9 **Guidelines, standards and qualifications for Breathwork**

**Conscious Connected Breathwork**

Standards and/or qualifications for Breathwork are decided at a national level and are available at request through each national Breathwork organisation. The IBF does not devise standards or qualifications for breathworkers, neither does it supervise that the standards/qualifications set by each country are met by individual breathworkers listed in the IBF directory.

9.1 **Guidelines for Training as a Professional Breathwork Practitioner**

It is recommended that:
1. The length of a breathwork training is approximately 400 hours over a minimum of 2 years. The training will ideally include theoretical input from the teachers; supervised practice with clients; a minimum of 20 individual breath sessions as a client and 20 individual sessions as a facilitator with fellow students; written assignments, readings, and assisting at breathwork trainings/seminars.

2. A clearly outlined program of study where the input topics covered by the trainers is stated and the output/individual work from the students is also outlined. Applicants are aware of the program and requirements thereof before they register for the training.

3. The training has stated entry requirements and they are communicated to the training candidates. Trainers assess the suitability of applicants through interviews, application forms and references.

4. There is more than one trainer to deliver the breathwork training, giving students a rich, varied and broad experience of what is possible within breathwork.

5. There is one assistant for every six students.

6. There is a support group or "buddy" system to facilitate the exchange of breathwork sessions by students between training modules.

7. The program has a holistic perspective and acknowledges the need for the study of anatomy, physiology and psychopathology i.e. the symptoms of mental disturbance.

8. The students should be made aware (or presented with copies) of the IBF and IBTA training and ethical standards.

9. A reading list of recommended books and CDs is given to students.

10. Students receive both theoretical and experiential knowledge of different forms & applications of breathing, including the differences between nose and mouth breathing.

11. The training includes the theoretical and practical training experience of breathing in hot and cold water under supervision. With a full understanding/explanation of the differences and benefits of the hot & cold water environments.

12. Students are taught to work from a ‘heart centered’ feelings perspective supported by their theoretical knowledge.

13. Students are trained in affirmation techniques and the concept that ‘thought is creative’.

14. Students only work with the public under supervision until they are considered to be ready by the trainers and in any case not before they have successfully completed the first half of the training.

15. Students who want to work as professionals take 3 (public) clients through a minimum of 10 sessions, under supervision, in order to complete their training.

16. On successful completion of the course, the graduate’s certificate clearly identifies the hours covered in theory, experiential work and supervision.

17. At the end of the training an evaluation form is given to the students and their thoughts and feelings are discussed openly.
9.2 Practical Guidelines for Practitioners Working with Clients

1. Take a full and thorough history of a new client with details to include: physical, mental, emotional, spiritual, medical and psychological conditions either prior to, or during the first session.
2. Establish a clear contract with clients regarding number and duration of sessions and financial terms.
3. We do not offer guarantees of healing. Healing comes when practitioner, client and Spirit work in co-operation.
4. Establish clear practitioner ethical boundaries with clients.
5. Be aware and own your own professional limitations, and of the appropriate time to refer a client on.

9.3 On-going Development of Conscious Breathwork Practitioners

1. As practitioners we maintain our practice of conscious ‘intention led’ breathing, both on our own and facilitated by fellow practitioners, so that we continue to take responsibility for our own thoughts, feelings and actions.
2. Know and understand the different types of conscious breathing techniques and their effects.
3. Continue to Identify and clear personal birth process and your basic thought-patterns, family patterns, inherited attitudes and specific negative thoughts.
4. A continuous and on-going commitment to personal professional and therapeutic development.
5. Awareness and practice of spiritual purification processes eg: water, earth, fire and air.

9.4 Ethical Guidelines for Conscious Connected Breathwork Practitioners

i) Practitioner - Client Boundaries:

1. Practitioners assess clients as follows:
   a) Their ability to utilize and integrate the results of breathwork sessions.
   b) Their physical and mental abilities/capacity, and any possible contra-indications.
   c) Refrain from any form of discrimination (race, ethnicity, religion, or sexual orientation)
2. Creating a clear contract with the client by:
   a) Discussing number & duration of sessions and financial commitment.
b) Establishing agreements with the client regarding the use of techniques other than breathwork, and specifically regarding touch.
c) Maintaining client confidentiality and security of client records & session content.

3. In working with a client, we facilitate & foster positive change though working with the breath. We encourage our clients to take personal responsibility for their own thoughts, feelings, and actions.
4. As practitioners we respect and facilitate the client in their process and intention at all times.
5. Refrain from all forms of sexual contact/behaviour with a client even if the client initiates or invites such behaviour. It is highly unethical. Should a practitioner-client relationship become sexual, the client must be referred on to another professional.

ii) As Practitioners we:

1. Maintain integrity by living what we teach.
2. Recognise the divinity and fundamental innocence of all humanity.
3. We practice compassion and a holistic, intuitive approach to our work.
4. Acknowledge the equality between practitioner and client.
5. Are committed to be fully present and non-judgmental at all times.
6. Respect the client’s freedom of choice.
7. Support the client in clarifying their current state of being.
8. Accept responsibility as a ‘creators of our own reality’ and own our own projections.
9. Create a safe environment in which to accompany the client in their healing process.
10. Recognize and respect the necessity for on-going professional support & supervision.

IBF By-laws revised edition October 2011 by Brigitte Martin Powell (President), Kert Grünberg (IC), Manuel Atienza (IC) and Marga Parellada (IC).

If you would like additional information regarding the history of decisions taken during former IBF conferences you may refer to the following documents available upon request from the IBF administration:

“AGM Report Ireland 2014” compiled by Veronique Batter (President).
“AGM Report India 2013” compiled by Veronique Batter (President).
“AGM Report Belgium 2012” compiled by Manuel Atienza (IC) and Marga Parellada (IC).
“GIC Report Ecuador 2011” compiled by Brigitte Martin Powell (President), Manuel Atienza (IC) and Marga Parellada (IC).
“GIC Report Spain 2010” compiled by Brigitte Martin Powell (President), Kert Grünberg (IC), Luc Maertens (IC) and Marga Parellada (IC) and Manuel Atienza (GIC organizer).
“GIC Report Mexico 2009” compiled by Brigitte Martin Powell
“GIC Report UK 2008” compiled by Robin Lawley
“GIC Report Turkey 2007” compiled by Robin Lawley
“GIC Report Canada 2006” compiled by Robin Lawley
“GIC Report Russia 2005” compiled by Nemi Nath
“GIC Report Estonia 2004” compiled by Tilke Platteel-Deur
“GIC Report Australia 2003” compiled by Tilke Platteel-Deur
“GIC Report Venezuela 2002”, compiled by Tilke Platteel-Deur
“GIC Report USA 2001”, compiled by Jim Morningstar & Judee Gee
“General Assembly Decisions Up-Date 2001, compiled by Judee Gee
“GIC Report Italy 2000”, compiled by Michael de Glanville & Judee Gee
“GIC Report Spain 1999”, compiled by Armando Aguilar & Judee Gee
“GIC Report France 1998”, compiled by Judee Gee
“GIC Report Austria 1997”, compiled by Wilfried Ehrmann
“GIC Report Sardinia 1996”, compiled by Robin Lawley
“GIC Report Poland 1995”, compiled by Ewa Foley
“GIC Report Sweden 1994”, compiled by Gunnel Minett