



CONTENT OF THE GIC 2022 CONFERENCE
Evening lectures (keynotes)

- **Tilke Platteel-Deur**
Breathwork Mastery: Cultivating Presence and Therapeutic Excellence
- **Petri Berndtson**
Phenomenological Philosophy of Respiratory Diversity
- **Hannah Kendaru**
Decolonial Healing – Remembering Connection
- **Nikki van der Velden**
The Secrets to a Thriving Breathwork Community
- **Aad Havermans**
Breathwork and Cold Exposure, A Powerful Combination
- **Kasper van der Meulen**
Breathwork as a Bridge

WORKSHOPS

Keynote speakers gave a workshop on their topic in the morning after their presentation. Additional breathwork, science, panels, and health workshops were given daily in the morning and afternoon: morning workshops, had an average duration of 60 minutes, and afternoon workshops of 180 minutes.

The GIC is an annual seven-day conference organized by the International Breathwork Foundation IBF for breathworkers, respiratory therapists, and others interested in breathwork. It features lectures and workshops by experts and scientists and comprises approximately 60 hours of training.



CERTIFICATE

OF ATTENDANCE AT THE GIC 2024

This certificate confirms that

Natascha Keil...

participated in the Global Inspiration Conference (GIC) in Berg en Dal, The Netherlands, from July 27th to August 3rd, for a total of 60 hours of training.



Mariët Bakker
Organizer GIC 2024



Vanessa Dietzel
IBF Executive Team Member