Dr. Wilfried Ehrmann

Trained in various approaches in psychotherapy (counseling, systemic constellation work, peakstates therapy) with a key interest in breathwork and its use in psychotherapy. IBF member since 1995 and organizer of two IBF conferences, founder of atman, the Austrian Breathwork Association, author of numerous articles and two books in the field of breathwork, among them “Coherent Breathing” (Tao 2016). Trainer for breath therapy, integral coaching and mindfulness in Austria and other countries.

Dr. Alicja Heyda, Phd.

Psychotherapist, psychotherapy supervisor, clinical psychologist, psycho-oncologist, breathwork practitioner and researcher working in Cancer Center Marie Skłodowska - Curie Memorial Institute, Gliwice, Poland since 2000.

Main areas of activity in psychotherapy practice: bodywork, breathwork and integrative psychotherapy, relieving chronic and phantom pain, treating mood disorders, psychosomatic and somatoform disorders, supporting recovery and adaptation in chronic and auto-aggressive diseases. Main areas of research: psycho-oncology and psychoneuroimmunology.

https://www.researchgate.net/profile/Alicja_Heyda

Dr. Kevin Holmes BMBS, BEng, MRes, MRCPsych

Kevin has a background in engineering, finance and medicine, and has specialised in the field of Psychiatry. He has undertaken breath training in Clarity Breathwork and Transformational Breath and has an interest in understanding more about this work. His work within Psychiatry combined with personal spiritual-path interests has resulted in a quest to explore consciousness studies in more depth.

In particular, he is interested in understanding how the experience with breath can be translated into the concepts and language within science. This includes exploring what ‘evidence’ there is to describe the benefits of what appears to be a very powerful technique. He would like to create bridges between disciplines that could strengthen the overall understanding of this work. Finally, he would like to understand how breathwork can be used for the population of patients that he sees within his work in psychiatry.

Pierre Josis, IT Manager, Life Coach & Therapist

Pierre has a background in bio-engineering and IT Management. He has 20 years experience as a manager and consultant in multicultural and international environments. In 2002 he decided to further strengthen his personal development skills.

He has practiced personal development workshops led by "Listen to Your Body" (Quebec) and followed with enthusiasm the following professional training:

- Practitioner of Life Help and Relationship Coaching
- Moderator & Speaker
As a Practitioner since 2002, he has been certified as a "Master Coach" by the International Institute of Coaching (Geneva) in 2012. Combining tools of various training received, he has specialized as a Life Coach and reinforces "holistic" approaches following coaching training in "Life Mission."

Since 2012, he has completed a 3-year cycle of body psychotherapist training by personal work based on an approach combining technical letting go and breathing. This year Pierre follows a professional training in “Transformational Breath®”.

**Heinz Gerd Lange**

On his life long personal quest for enlightenment and personal mastery through the major world religions, (incl. extensive meditation practices), Heinz Gerd came to personal development and Breathwork over 22 years ago. Since then he is committed to create space for people’s core essence to unfold.

Heinz Gerd is an international lecturer, seminar leader and trainer for Breathwork, metaphysics and personal transformation specialised in mind re-patterning, bio-energetic integrity and life shifts. Trained in 7 different Breathwork approaches, Inner child work, Voice Dialogue, family dynamics, NLP, body- and energy work and several other modalities.

He is the director of the Institute for Breath Therapy and Transformational Healing (InBreath) in the UK, and also runs the “Life Mastery Program” near Munich in Germany together with his wife Lera

„One of my passions is the scientific validation of the profound healing and transformation potential of conscious Breathwork. My current work is based in research of neuroplasticity, neurochemistry, mind application of quantum physics, super-endorphination and heart/brain coherence“.

Heinz Gerd is the National Coordinator for Germany for the International Breathwork Foundation (IBF) and currently also serves on the IBF integrity committee.

Websites: www.inbreath.org and www.lifemasteryprogram.info

**Dr. Peter M. Litchfield, Ph.D.**

Professor Litchfield is the President (and a faculty member) of the Graduate School of Behavioral Health Sciences, a school that offers degree and certificate programs that integrate physiology with behavioral science for innovative practical applications in healthcare, human service, and education.

He is Chairman of the Board of Better Physiology, Ltd., that manufactures the CapnoTrainer used for doing educational capnography, a field that brings together respiratory physiology and behavior therapy.

He earned his Ph.D. in experimental psychology from the University of Portland in 1972. His primary area of expertise is behavioral physiology with a specialty in respiratory psychophysiology. During the past 30 years, he has lectured on this subject in Asia, Australia, Europe, North America, and South America. He makes presentations monthly by webinar to audiences from around the world.

Email: pl@bp.edu
Dr. Ela Manga MBCh (Wits) Dip Obstst (SA) DCH (SA) Certified BodyTalk Practitioner

Ela is a medical doctor qualified in 1998 and has been practicing integrative medicine for the last 10 years. 7 years ago she trained as a breathwork practitioner with Dan Brulé and has since integrated breathwork into her medical practice. Her current area of interest is energy management and the prevention and treatment of burnout and the role of breathwork as a key energy management tool.

Ela is the co-creator of the Energy Journey at Deloitte Consulting South Africa and author of The Energy Code. Together with Dan Brulé, she has created a breathing app that will be launched in August 2017.

Her passion is to use breathwork as a tool for healing, personal growth and change and for individual and collective transformation.

Ela’s mission is to bring more awareness of the science and art of breathwork to as many people as possible through one-to-one sessions, practitioner trainings, workshops and seminars. She is excited to be part of a process of setting up breathwork as a credible mainstream modality and to simplify it so that more people have access to it in all areas of society.

Website: [www.drelamanga.com](http://www.drelamanga.com)

Jane Okondo Dip IBMT, MA, RSME, RSMT, CRST, BRS

Based in London Jane has been teaching in the field of Conscious Breath and somatic therapy since 1995. She has a private practice in Integrative Body and Breathwork, Somatic Movement and Biodynamic Cranial-sacral Therapy and teaches programmes in the UK and Europe.

Jane has a Master's degree in Dance and Somatic Wellbeing from the University of Central Lancaster and was authorised by Emilie Conrad to teach Continuum (a practice that works with specific breath and fluid movement for Somatic Shock) in 2007. She is currently participating in the SE training having completed Level 1.

Her focus of research has been on the connection between breath, somatic patterns and fluid body dynamics and how movement supports our access to resiliency and connection.

Website: [www.somaflow.co.uk](http://www.somaflow.co.uk)

Dr. Philippa Wheble MBChB, BSc (Hons) Pharmacology, DRCOG, MRCGP, CTBF®, MSc (Distinction) Performing Arts Medicine.

As a General Practitioner, Pippa works in Edinburgh, Scotland within the NHS. She is a Certified Transformational Breath Facilitator™. An accomplished violinist, viola player and singer with experience of performance anxiety, she has recently completed the MSc in Performing Arts Medicine at University College London. Her research thesis was entitled ‘An exploration of Transformational Breath® for anxiety management in professional voice users’. She gathered physiological, psychological and qualitative data from 36 Transformational Breath® sessions demonstrating significant reductions in anxiety, depression, blood pressure and heart rate and significant improvements in wellbeing.

Pippa is passionate about integrating conscious breathing into her own medical practice and seeing it used throughout the NHS. She hopes to develop an assess and advise consultation service for performing arts professionals in Edinburgh and take Transformational Breath®
workshops into music colleges, healthcare and the corporate setting as a technique for personal development and resilience. She is driven to generate a strong scientific basis to support the introduction of breathwork into the mainstream.

She is keen to further her research in Transformational Breath® and to extend our understanding of all the conscious-connected breathing schools in terms of what each technique involves, the physiological mechanisms at play and the physiological and psychological benefits of each technique.

Her mission is to stand in the space between medicine and conscious breathwork and facilitate a dialog between these two communities.