

The International Breathwork Foundation presents:

The 11th Annual Global Inspiration Conference

03-10 July 2004, Southern Estonia, Pühajärve

"The Roots of the Future"



The purpose of the IBF is to promote a heart-centered approach to breathwork, its theory and practice, for the expansion of consciousness and for personal and global transformation.

International Breathwork Foundation

11th Annual Meeting 2004

The International Breathwork Foundation is open to all people interested in activities involving breathing and well-being, health and healing, and the use of conscious breathing in the pursuit of spiritual growth, purification and enjoyment of life. The Global Inspiration Conference is the annual highlight of IBF. It offers an outstanding opportunity for people sharing an interest in Breathwork to come together and creatively participate in a global activity. The unique atmosphere of the conference is created by its participants, their openness and willingness to give and receive. A delicate balance between planned and spontaneous events gives an original flavour to the conference – workshops, discussions, presentations and lectures are offered by the participants themselves. In addition to that the IBF holds its **Annual General Meeting**, where all the decisions regarding the future direction of the IBF and its relationship to breathwork are made.

You're welcome to

- participate in the conference
- share your unique experiences
- present your lectures and workshops
- learn and exchange knowledge
- get informed about the latest developments in breathwork
- relax, enjoy and receive inspiration from like-minded participants
- celebrate the art of communication and relationships

The conference theme

At this extraordinary time when the world is undergoing great changes which are affecting politics, the natural environment and human consciousness alike, we ask you to consider that the roots of the future are in the present moment. Old identities are dying, borders are opening, nations are becoming united, races are mingling, information is moving at sonic speed...

Can uncertainty or lack of knowledge be an acceptable excuse anymore to justify short-sighted decisions which influence the world? Maybe it is time to admit that the world is not made for us, but that we are simply just a part of it. Maybe it is time to realize that it is not the end of the world if we destroy the Earth. It is only the end of our participation on it...

Right now we all can choose how the world we want to belong to looks like!

Much of modern society is business-oriented. It is extremely important what the values, principles and ethics of commercial enterprises are; moreover, who are these leaders we believe in and follow?

The question arises: what might one single person do in order to improve the quality of our breath and our life, for the well-being of ourselves and our planet, now and hereafter? Can we as breathworkers make a difference?



About Estonia

Estonia is located in Northern Europe on the coast of the Baltic Sea and, for centuries, it has been a border country between the East and the West of Europe. It's a small country, with an area of rather more than 45 000 km², and a population of 1.4 million. Being one of the oldest nations in Europe, the Estonians have already lived in this area for 13,000 years. Almost a half of Estonia's territory is covered by forest and woodland. There is a lot of space to breathe! Estonia attracts visitors to its medieval Hanseatic towns, to the large areas of almost virgin nature, to its large and small islands and sandy beaches and because of the possibility of experiencing the busy city life as well as the peace and quiet of nature. You're welcome to discover it all!

The venue – Pühajärve Recreation and Conference Hotel



You are invited to Estonia at the most beautiful time of the year just after midsummer when nights are the shortest and days the warmest. The venue for GIC 2004 is the beautiful and well-loved village resort of Pühajärve in Southern Estonia. The hotel is located in a 14th century manor complex by the superb Lake Pühajärv ("Holy Lake").

You will be surrounded by the most beautiful nature and a lot of privacy, far away from the city noise. In addition to the old manor house, a new wing of the hotel has recently just been finished, offering plenty of possibilities to have a good time: a big swimming pool, whirlpools, saunas, a bowling alley, free internet connection, many workshop rooms, both inside and outdoors. In addition, you can enjoy various services of the health centre. Child-care can be arranged if the organizers receive sufficient advance notice from those parents planning to bring their children with them. Most of the rooms available are double rooms with only a limited number of single and triple rooms (a double room with an extra bed). All rooms have private bathroom, telephone and TV.

Travelling

You can reach Estonia by car, boat, ferry, plane or train. A shuttle to the venue will be organized from Tallinn where the boats and planes arrive. It takes about 3 hours by car or by bus. Please visit our website or contact the organizers in order to get more information about different travel possibilities, shuttle options to the venue or sightseeing.



Attendance information

Conference fee

- for IBF members **300 €**
- for non-IBF members **350 €**

Becoming a member of IBF has many benefits among which is a 50 € reduction of the GIC fee. To become a member contact the National Coordinator for your country as listed on the IBF website: www.ibfnetwork.org, or GIC organizer.

Food and lodging

The price includes accommodation and 3 meals a day (from dinner on July 3 until lunch on July 10), snacks and cold/hot beverages, free entry to pool/whirlpools and saunas.

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| • Single room: | 460 € | • Suite/double room: | 400 € |
| • Double room: | 320 € | • Suite/double room with sauna: | 420 € |
| • Triple room: | 220 € | • Children under 12 years in extra bed: | 160 € |
| • Triple room/suite: | 310 € | | |

NB! Pre-and post conference accommodation needs to be booked ASAP in order to ensure a vacancy in the hotel!

Conference duration

The **Opening Ceremony** is at **19.30** on **July 3** and the **Closing Ceremony** finishes at **13.00** on **July 10**. The official language in the conference is **English**, translation is provided into **Estonian**, **Russian**, **Spanish** languages, also **French** and **German** if enough people have the request.

Registration

You can register for the conference online through the website, by filling in/sending the **registration form**, or you can contact the organizer in order to receive the registration form by mail or fax.

Please register for the conference and book your accommodation before 15 May 2004. If you register after that date, then availability of (preferred) accommodation cannot be guaranteed.

To confirm your registration, transfer of the **€ 100** deposit is mandatory. The rest of the payment can be transferred before arrival to the conference. All payments are to be made in euros. Transfer bank fees are payable by the sender.

Bank details:

Hansabank, Liivalaia str 3, Tallinn, Estonia

Receiver: Inspire Keskuse OÜ

SWIFT code: HABA EE2X

Account number: 221020827437

Reference: GIC 2004

Make sure you write your name and include the reference "gic2004"!

You find more detailed informatin about the conference from our website:

<http://GIC2004.inspirekeskus.ee>

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