

Global Inspiration Conference

The annual Breathwork conference returns to Sweden after 25 years!

Rättvik, Sweden
15-22 August 2021

Welcome to a week of exploring the power of breath!

www.gic2021.com

Global Inspiration Conference

The Global Inspiration Conference (GIC) is a week-long international Breathwork celebration. It is open to people of all ages and backgrounds, with or without previous experience in Breathwork. The conference is an uplifting, open-hearted, co-created gathering with world-leading Breathwork teachers and lecturers. This gathering creates a platform for you to learn, experience, discover and transform through the power of breath. The theme for the GIC 2021 is "Exploring Consciousness".



Breathwork

Breathwork is a form of conscious breathing that goes beyond the physical aspects of inhaling and exhaling. It is known as a body-mind technique to create mental, emotional and physical well-being as well as enhance personal transformation. Breathwork helps release emotional turbulence and slow down the mind. It can also be used as a spiritual technique to connect you with your soul. There are many different traditions of Breathwork, including Rebirthing, Holotropic Breathwork, Pranayama and more that are represented at the GIC 2021.

Program: 15-22 August 2021

On 15 August, check-in is open 14.00-17.30. The GIC team will help you check-in and get settled in your room. Everyone will gather for a welcome ceremony between 18.00-19.00. Dinner is served afterwards, 19.00-20.30.

The daily program, 16-21 August, starts with a morning assembly after breakfast. At the assembly, the program for the day is presented and set. There will be well-known facilitators in the field of Breathwork who will offer workshops and give lectures. In addition, participants have the opportunity to present workshops. In the evenings, there will be community activities, such as music, concerts and dancing. A detailed program will be published on the GIC 2021 website.

After breakfast on the last day of the GIC, there will be a closing ceremony, 9.00-10.30. Following the ceremony, you can have lunch at the restaurant for an additional fee. Check-out is prior to 11.00.





Venue: Stiftsgården Rättvik

The conference center Stiftsgården Rättvik is located just outside the picturesque town Rättvik by Lake Siljan in central Sweden. Rättvik is widely known for its historical tradition of folk music, old buildings and exquisite nature. Available activities at the center outside of the GIC program include nature walks, bike riding, swimming, canoeing, and taking saunas.

The wheelchair accessible center has several workshop halls, meditation spaces, a restaurant, indoor saunas, and a sauna by the lake. There is also access to free Wi-Fi. The food at the center is prepared with high-quality, locally grown produce, much of which is organic and fair trade. The venue is alcohol and drug free.

You have the choice to stay in a single, double or triple room, or in dormitories with 4-12 beds. Prices per person for full board and accommodation range from 5090-6160 SEK for a bed in the dormitories to 9010 SEK (single room), 7896 SEK (bed in double room) and 7360 SEK (bed in triple room).

How to Get to the GIC

Rättvik is situated about three hours north-west of Stockholm.

Arriving by car: For the GPS, use the address Stiftsgården, Kyrkvägen 2, 795 32 Rättvik.

Arriving by train: Book your tickets to and from the train station "Rättvik" on www.sj.se.

Arriving to Sweden by plane: You can fly in to any of the Stockholm airports. We recommend Stockholm Arlanda (ARN). Here you can rent a car or catch a train that will take you directly to Rättvik.

Conference Fee

To secure your place at the conference, you must pay the GIC fee and the fee for board and accommodation in full. For booking, please visit www.gic2021.com.

Early bird - before 1 December 2020

IBF member: 3860 SEK

Non-IBF member: 4390 SEK

Full price as of 1 April 2021

IBF member: 4290 SEK

Non-IBF member: 4990 SEK

**Prices include VAT.*

We welcome those who are not yet members to join the International Breathwork Foundation (IBF). Enrollment information is listed on www.ibfbreathwork.org.



GIC 2021 Organization

The GIC is organized yearly by members of the International Breathwork Foundation. The IBF was founded at the first GIC that was hosted in Sweden in 1994. The conference has toured the world for the last 25 years as an annual event and will now return to Sweden. The GIC grows each year with more exciting workshops and participants with varying backgrounds. The GIC 2021 is organized by Bo Wahlström, Igor Dzeba, Marika Grankvist and their team.

Contact Information

For more information, please visit the website www.gic2021.com. For additional updates, go to the Facebook page GIC 2021. You can also e-mail us at info@gic2021.com.

We look forward to seeing you at the GIC 2021!

