

# World Breathing Day 2026: 'Pause, Breathe, Unite'

*World Breathing Day 2026: "Pause, Breathe, Unite" — A Worldwide Invitation to Empower Breathing & Unity on Earth on April 11*

LOS ANGELES, CA, UNITED STATES, March 19, 2026 /EINPresswire.com/ -- On April 11, 2026,

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'Pause, Breathe, Unite,' is an invitation for humanity to remember something simple and essential — that the breath connects us all. When we pause, we create space inside for greater awareness.”

*Rabie Hayek | World Breathing Day Director*

people from all corners of the world will gather to celebrate World Breathing Day, an annual worldwide event honoring the transformative power of conscious breathing and breathwork. Hosted by the [International Breathwork Foundation](#) (IBF), this year's theme, "Pause, Breathe, Unite," invites individuals and communities worldwide to pause, breathe consciously and experience the unifying power of breathing together.

In a fast-moving and often divided world, the act of pausing to breathe consciously offers a simple yet profound pathway to personal regulation and collective connection. "Pause, Breathe, Unite" reflects a growing

global recognition that inner calm and social harmony begin with awareness of the breath.

World Breathing Day 2026 will feature workshops on Zoom, guided breathing sessions, community gatherings and interactive discussions led by breathwork professionals across the world. These experiences offer accessible tools to reduce stress, increase clarity, and support emotional resilience through intentional breathing practices.

About the International Breathwork Foundation (IBF):

Founded in 1994, the International Breathwork Foundation is a global nonprofit organization dedicated to raising awareness about the benefits of conscious breathing. Through education, research, and worldwide events, the IBF supports personal and collective well-being across cultures and continents.

World Breathing Director, Rabie Hayek shared:

"This year's theme, 'Pause, Breathe, Unite,' is an invitation for humanity to remember something simple and essential — that the breath connects us all. When we pause, we create space inside

for greater awareness. When we breathe consciously, we regulate the nervous system and restore balance. When we breathe together, we strengthen our shared humanity and sense of unity across all cultures, backgrounds, and borders.”

How to Participate in World Breathing Day:

- Attend or [Host an Event](#) in Your Community: Join in-person gatherings in cities around the world where communities will practice conscious breathing techniques guided by experienced breathwork professionals.

- Join Virtual Zoom Sessions:

Participate from anywhere through online breathing sessions led by global breathwork facilitators offering practices designed to calm, center, and energize. [REGISTER HERE](#) to take part in our European and North American Zoom schedule of speakers.

- Participate in the #WorldBreathingDay Social Media Campaign: Share your breathing practice, connect with others, and help spread awareness about the benefits of conscious breathing for mental, physical, and emotional well-being.

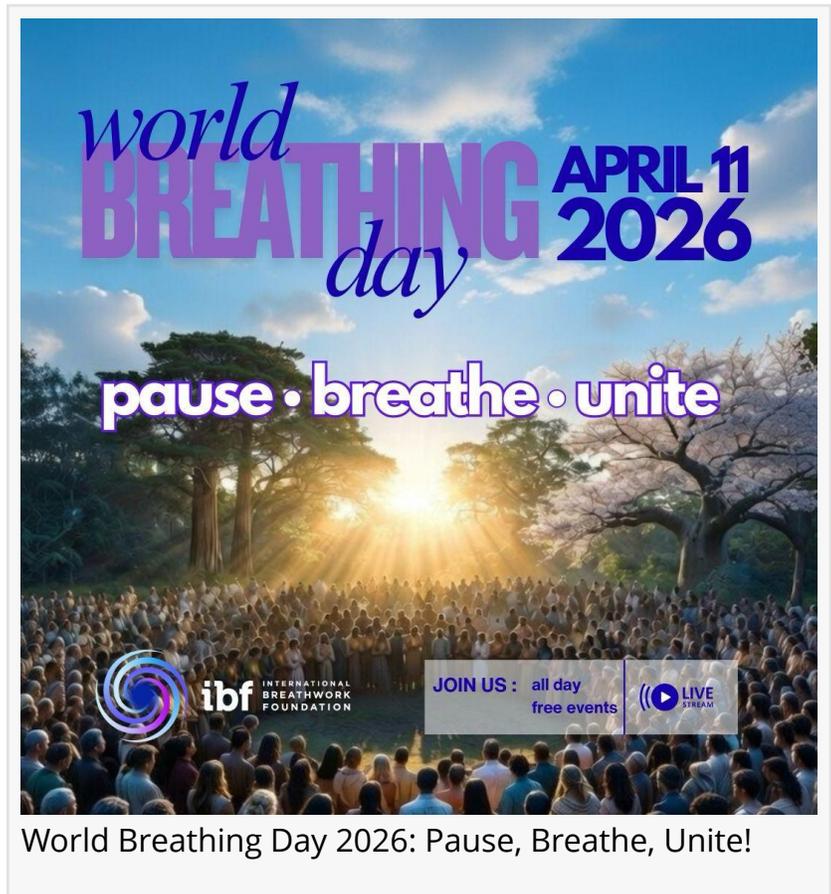
- Join the 10 Breath Challenge: Post a video breathing 10 conscious breaths with a friend, family member, or group and share it using #WorldBreathingDay and #10BreathChallenge.

- Whether new to breathwork or deeply experienced, World Breathing Day welcomes everyone to participate in a celebration of presence and connection through conscious breathing.

On April 11, from wherever you are in the world — Pause, Breathe, and Unite!

Some of the Benefits of Conscious Breathing Include:

- A powerful tool for stress management and nervous system regulation
- Increased vitality, resilience, and overall well-being
- Supports overall respiratory health and breathing efficiency
- Strengthened immune function
- Emotional release and trauma integration support



World Breathing Day 2026: Pause, Breathe, Unite!

- Improved self-regulation and reduced reactivity
- Enhanced focus and mental clarity
- A deeper sense of connection and unity
- Positive effects on physical, mental, emotional, and spiritual health
- Greater access to calm, flow states, and inner balance
- Practical tools for cultivating peace within individuals and communities

Please share and consider hosting or participating in an event in your community. The more people who consciously breathe together, the more we contribute to a healthier and more connected world.

REGISTER HERE to participate in the online World Breathing Day Zoom event!

Rabie Hayek

International Breathwork Foundation

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