

Ethical & Professional Standards

Make Some Breathing Space Ltd
Operating as: Breathing Space

Effective Date: 21 July 2025
Next Review Date: 21 July 2026

Policy Owners: Benedict Beaumont, Founder
Jennifer Nolan, Founder

Contact: breathe@makesomebreathingspace.com

Purpose

Breathing Space is committed to creating breathwork experiences that are ethical, trauma-informed and inclusive.

This policy outlines the professional standards we follow and how we align with the [Global Professional Breathwork Alliance \(GPBA\) Ethical Standard](#).

Our Core Values

- **Empowerment** – supporting people to reclaim their breath, body and voice.
 - **Connection & Community** – cultivating belonging and mutual respect.
 - **Opportunity & Accessibility** – making breathwork inclusive and trauma-informed.
 - **Integrity** – acting with honesty, transparency and care.
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Alignment with GPBA Ethical Standards

We fully adopt the **GPBA Ethical Standards**, which emphasise:

- **Respect & Non-Discrimination** – welcoming all identities and life experiences without bias or prejudice.
- **Informed Consent & Autonomy** – ensuring participants understand the nature of breathwork and can choose their level of engagement at any time.
- **Confidentiality & Privacy** – holding personal stories and experiences in strict confidence, except when disclosure is required by law or to prevent harm.
- **Competence & Scope of Practice** – working only within our training and experience and referring to other professionals when appropriate.
- **Safety & Wellbeing** – creating trauma-sensitive spaces and taking responsibility for the physical and emotional safety of participants.
- **Integrity in Communication** – being transparent in marketing and avoiding false or exaggerated claims.
- **Professional Development & Supervision** – engaging in ongoing training, self-reflection and supervision to maintain high standards of practice.

Breathing Space Commitments

In addition to the GPBA standards, Breathing Space facilitators and trainees agree to:

- Maintain clear personal and professional boundaries.
 - Honour cultural traditions and acknowledge the origins of breathwork practices.
 - Practise self-care and seek supervision to ensure they can hold space safely.
 - Address any ethical concerns through the processes set out in our [Malpractice & Ethical Breaches Policy](#).
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Accountability

If you have concerns about our ethical practice, you can:

- Contact us directly at breathe@makesomebreathingspace.com.
- Escalate to the **Global Professional Breathwork Alliance** through their [Request for Support process](#).

Review and Accountability

This policy is reviewed annually or sooner if there is

a significant change in legislation, team roles, or service provision.

Approved by:

Name: Benedict Beaumont

Position: Founder, Breathing Space

Date: 21 July 2025

Signature:



Next Review Date: 21 July 2026

Approved by:

Name: Jennifer Nolan

Position: Founder, Breathing Space

Date: 21 July 2025

Signature:



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