



One year of BBM in Türkiye

A warm embrace for the shattered hearts

11-12 March 2023

BBM Introductory Course

130 participants who were directly affected and/or working with people who were victims of the earthquake received BBM introductory training for self-regulation.



18 April 2023

Crisis Relief Event

Over 400 participants,
attended the free online
seminar given by Dr.
Richard Brown and Dr.
Patricia Gerbarg

Nefesin Şifa Veren Gücü kitabı yazarları



Dr. Richard Brown



Dr. Patricia Gerbarg

3 saatlik

ÜCRETSİZ ETKİNLİK
(Türkçe tercime olacaktır)

Kriz Anlarında Stres ile Başa Çıkma için
BBM Nefes Çalışmaları

Free daily online
BBM sessions
offered for two
months after the
earthquake by L3
and L2 BBM teachers
in Turkey



A woman with long, curly brown hair, wearing a green t-shirt and blue jeans, is smiling and holding hands with a young child with curly hair. They are in a bright, modern kitchen. The woman is looking down at the child, and the child is looking up at her. The background shows a kitchen counter with various items, a white cabinet, and a hanging lamp.


Children BBM Courses by Jyoti Manuel:

- May-June-July 2023
Over 200 Participants
- August-September-
October 2023
Over 200 Participants

BBM Level 1 Courses:

- May-June 2023
22 Participants**
- July-October 2023
33 Participants**



A top-down view of many hands of various skin tones stacked together in a circle, symbolizing unity, teamwork, and community. The hands are positioned in a way that they all point towards the center, creating a sense of collective effort. The background is a warm, orange-toned image of the same hands, with a dark grey semi-transparent rectangle overlaid on the left side containing white text.

**Though trained all
online, a nice and warm
BBM family is being
form with teachers all
over Turkey eager to
teach and grow interest
for the practices.**



L3 Teacher Zeynep Aksoy

Through her platform and credibility she pioneered the BBM activities in Türkiye. She has 68K followers in Instagram and 56K followers in YouTube where she also has 21 video series of BBM Practices.

Zeynep Aksoy also has a
a page under her
platform
www.zeynepaksoyreset.com
dedicated to BBM
resources.



Senkron Nefes için

Piano Notaları

Dakikada 5 nefes ritminde yönlendiren
Piano Notaları

İndirmek için [TIKLAYIN](#)



Senkron Nefes için

Çan Sesleri

Dakikada 5 nefes ritminde yönlendiren
Çan Sesleri

İndirmek için [TIKLAYIN](#)



Senkron Nefes için

Dalga Sesleri

Dakikada 5 nefes ritminde
yönlendiren Dalga Sesleri

İndirmek için [TIKLAYIN](#)



L3 Teachers Fakiha Amil and Ayşegül Didem Özdemir

Teaching regular sessions on Zeynep Aksoy Reset Platform




Fakiha Amil

Teaching regular sessions on in rural schools, in hospitals for health workers, in city community centers.

Hale İrtem (L1)
is working with
earthquake victims
and refugees and
receiving wonderful
feedbacks




A woman with long dark hair, wearing a light-colored top and red pants, is seen from the back, leaning forward to interact with a group of elderly people seated in a waiting area. The room has a polished floor, several chairs (some red, some blue), and a large potted plant. The background shows a hallway with a clock and framed notices on the wall.

Belma Ataç (L1) is working with elderly people in a senior care center



Here is Belma again; working with children with special needs. After a couple of sessions one child who is always silent started communicating...

A group of people are practicing Tai Chi in a studio. They are standing on red mats on a light-colored floor. The instructor, a woman in a white outfit, is in the center, demonstrating a pose with her arms raised. Other participants are following her lead, with some in black and red clothing. The room has white walls and a large window on the left. A semi-transparent text box is overlaid on the left side of the image.

**Gonca Sorgu Tezcan
(L1) gives regular
sessions 4 times a week
in the city community
center and various NGOs
to more than 60 people
in total every week**

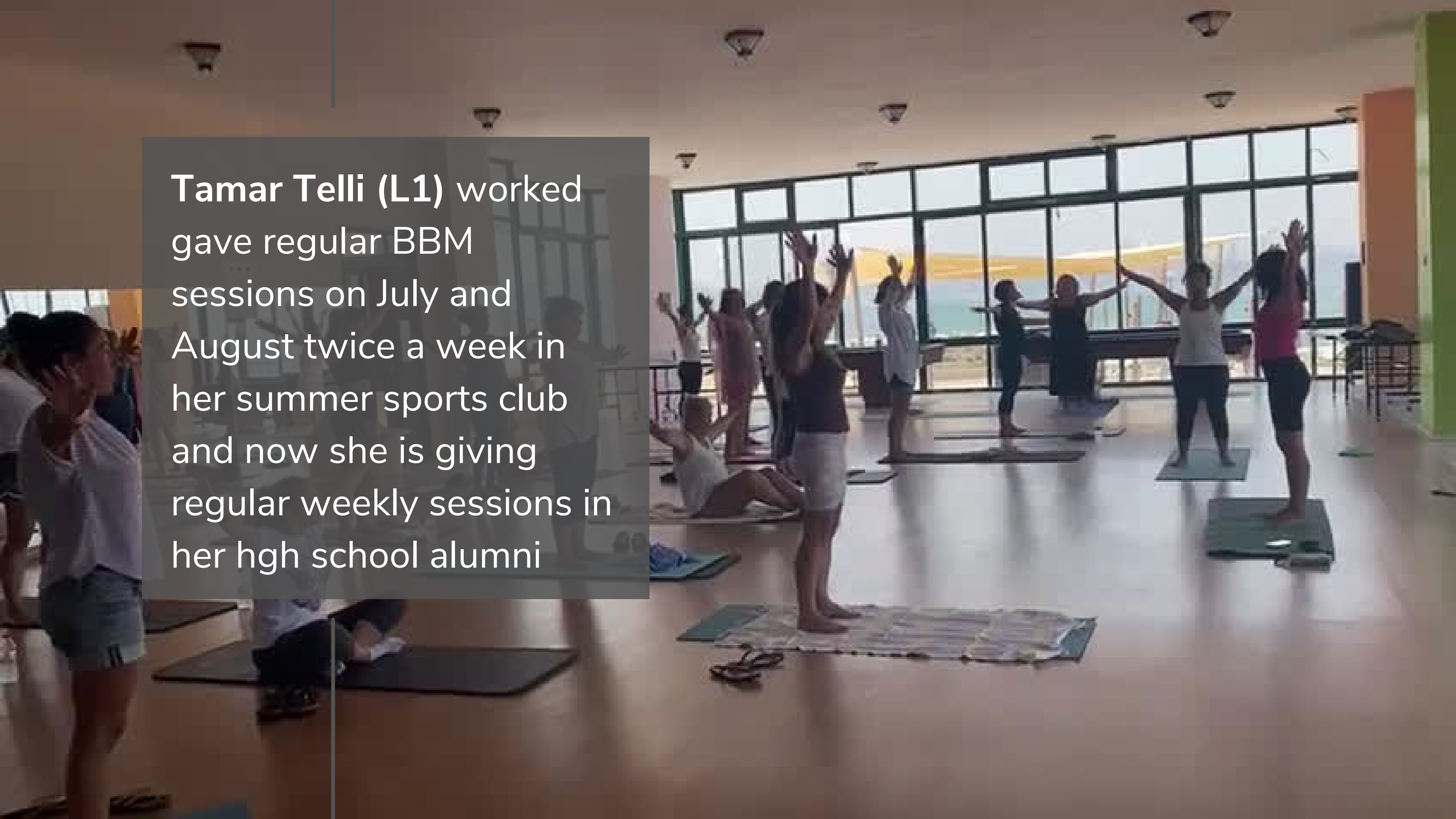


Here is a fast video of the session given by **Filiz Diker (L1)** during a retreat for artists. Among them were two artists who experienced the earthquake. On the last day of the retreat an earthquake happened but everybody kept their calm and were fascinated by their own fast recovery.

Şeyma Yeniođlu (L1)
worked with children in
children's home for 3
months twice a week and
witness them transform
from their frozen state to
more interactive and
playful behaviour.



Tamar Telli (L1) worked gave regular BBM sessions on July and August twice a week in her summer sports club and now she is giving regular weekly sessions in her high school alumni



A close-up photograph of two hands, one from a person wearing a grey sweater and a gold ring, and another from a person with long dark hair, holding each other to form a heart shape. The background is softly blurred, showing other people in a social setting.

Growing with love...

These are just a few nice examples of the growing interest and community of BBM teachers and practitioners. There are many heartwarming personal stories which prove the wonderful effects of the BBM practices.

— Thank you —

A pair of hands, belonging to a person wearing a light blue button-down shirt, are shown from the chest up. The hands are held together in a cupped position, holding a small, white, heart-shaped card. The card has the words "thank you" written in a black, cursive-style font. The word "thank" is on the top line, and "you" is on the bottom line. The letter "o" in "you" is replaced by a small, black, hand-drawn heart symbol. The background is a soft-focus view of the person's shirt and a dark background behind them.

*thank
you*