



#BreatheMzansi - Because we matter.

A national invitation to pause, breathe and reconnect

South Africa is a nation that has experienced extraordinary trauma and extraordinary triumphs. We know how to survive. We know how to come together in moments of joy and feel, for a moment, that we belong to something bigger than ourselves.

But we are also living through a difficult time. The fabric of society feels torn apart. Violence, inequality, unemployment, uncertainty and social fragmentation are taking their toll in devastating ways. For many people, the mood is low and despair is palpable. We need to shift the place from which we are meeting this moment. #BreatheMzansi is a national movement that begins with something simple, free and immediately available. Breathing.

Breathing is certainly not a solution to South Africa's problems, but it does offer a different place from which we meet them, both physiologically and symbolically. Breath is something every South African shares. It crosses race, class, age, language, religion, politics and geography. We are already using breath to sing in church, chant at a match, blow a vuvuzela, speak our languages, laugh, cry and celebrate. #BreatheMzansi invites us to become more conscious of this extraordinary resource and to use it as a pathway to greater regulation, connection and agency - and as a catalyst for change.

At the heart of the movement is the Mzansi Minute - three conscious grounding breaths. A minute to pause before a meeting, an exam, a difficult conversation, a sporting event, a decision or simply in the middle of an ordinary day. Something so simple that anyone can do it. And something that can become a collective connector.

#BreatheMzansi will create opportunities for South Africans to explore the relationship between breath, physical and mental health, stress, resilience and human connection.

Initiated by Breathwork Africa and the Pneumanity Foundation, but powered by the people of South Africa and beyond, #BreatheMzansi is deliberately bigger than any one organisation. It is a movement we build together. We invite media partners, businesses, NGOs, healthcare professionals, researchers, schools, community organisations, artists, musicians, athletes, public figures and everyday South Africans to bring what they do best – their voices, creativity, communities, resources and their breath. We will together explore what it means to breathe together through national moments, community activations, stories, creative expression, education and shared practice.

Ultimately, this is not only about breathing, it is also about the kind of country we want to breathe life into.

If you would like to contribute to this movement, whether through platforms, communities, media, funding, research, creative collaboration or events, please contact: Marj Murray on marj@breathworkafrica.co.za

In breath and hope



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