

# Basic Facts

- Breathing frequency
  - Breaths per minute: 6, 10, 15, 20?
  - Single breath: 10, 6, 4, 3 seconds?
- Breathing volume
  - Normally used: 250 – 500 ml
  - Available max.: 2 – 3 liter (up to 10 l.)
- Regulation
  - Brain stem, blood gases, stretch receptors
- Diverse effects on body/brain\* and mind
  - ▶ Relaxation/activation, emotion, attention  
(more than brain stem & basic metabolism)

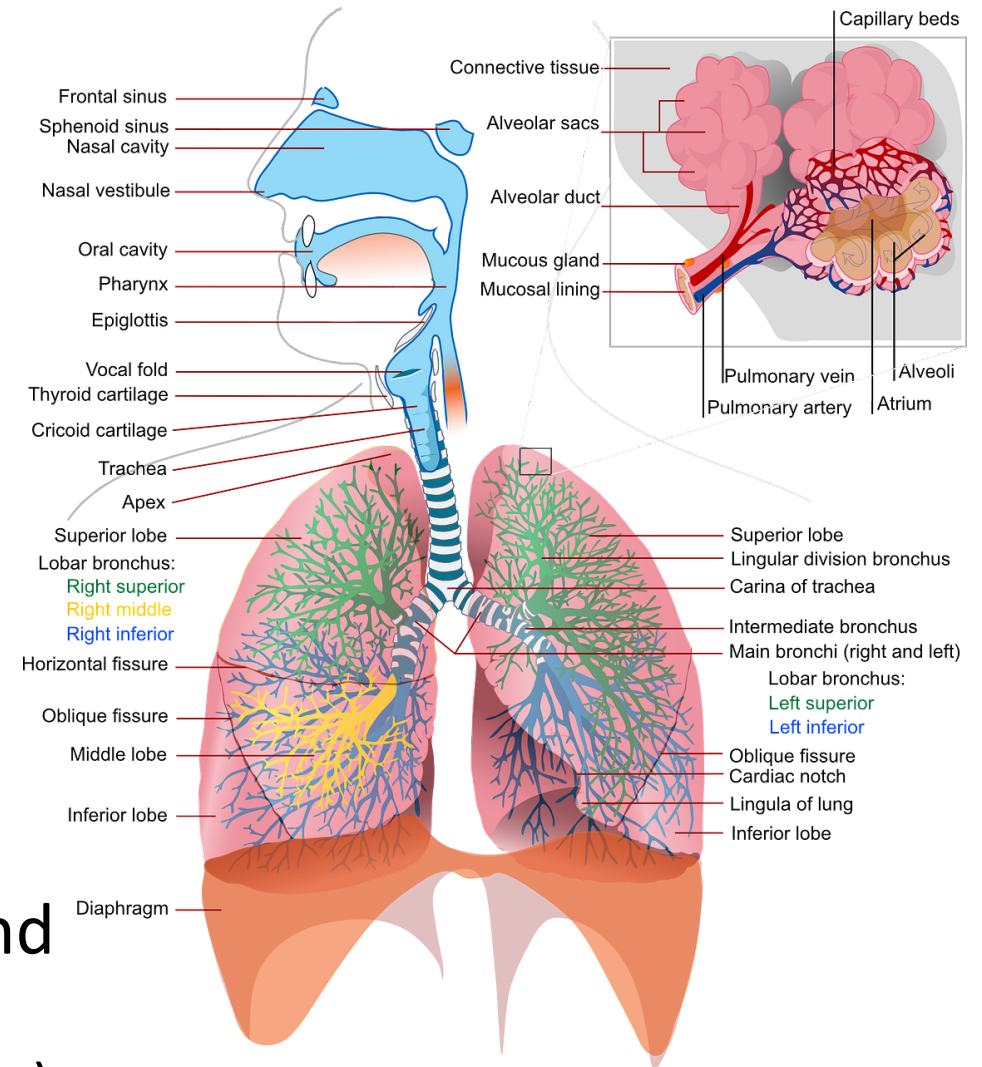


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\*Allen et al., Boyadzhieva & Kayhan, Brændholt et al., Heck et al., Herrero et al.