

# ***Breathing Techniques - Evidenzbasierte Atemtechniken für Sport, Therapie und Alltag***

**BESCHEINIGUNG**

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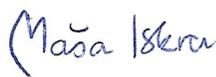
participated in the training from 17/01/2026 to 18/01/2026 with a total of 18 teaching units, each lasting 45 minutes.

## **Contents**

- » Introduction to the psychophysiological basics of breathing
- » Development of breath awareness and control
- » Practical application of proven breathing techniques (e.g., slow breathing, rapid breathing, breath-holding)
- » Integration of breathing techniques into sports and everyday contexts (stress reduction, performance enhancement, sleep quality)
- » Introduction to measurement methods for effectiveness verification (e.g., heart rate variability)
- » Use of digital tools for breath guidance (e.g., apps, biofeedback systems)



**PD Dr. Dr. Sylvain Laborde**  
Lecturer



**Maša Iskra**  
Lecturer



**Juliane Kurzke**  
Head of Department of Further Education

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