THE IBF BREATHING APP USER GUIDE

Conscious Connected Breathing Tips:
When using this app, please breathe in and out through your nose. Connect the inhalation and exhalation, with no pause in between. If your nose is blocked, you may breathe gently though your mouth.

To watch our demonstration video for further instructions, click this link:
https://ibfbreathwork.org/ibf-cbtr-videos/

Inhalation:
Take deep and full breaths while inhaling, starting from your belly and filling upwards to your chest, with the intention to expand a little more into the upper chest area with each breath. Inhale when the round ball moves upwards.

Exhalation:
The exhalation happens gently. Avoid pushing down or contracting in any way. Imagine exhaling as gently as a feather gliding slowly to the ground. Exhale when the round ball moves downwards.

USER MANUAL

SETTINGS
This app offers three "**Pre Set**" session options, marked with blue symbols:
Relaxing Breath
Energizing Breath
Balancing Breath

Quick Start
Select one of the three blue icons and press "**Start Session**" (top right) to begin a session. The default session duration is 5 minutes, but you can adjust the session duration as you wish.

Session Duration in Minutes
Set the desired session duration (between 2 minutes and 45 minutes).

Choose and Mix your Preferred Sound
Exploring these different options will help you to choose the combination of sounds and signal tones that best suits your needs and moods of the moment

Background Sound
Here you can add a background sound to your session. Some nature sounds and soft sounds are available.

Synced to Breath Sound
Here you can add vibration or signal tones that sound (or vibrate) at the beginning of each inhalation and again at the beginning of every exhalation. This is useful when you want to have a session with your eyes closed.

Mix Sounds
The two sound sources "**Background Sound**" and "**Synced To Breath Sound**" can be heard separately, but they can also be combined in any way you like. For example, you can choose ocean waves as a permanent background sound, and add in the bell, harp or gong sound, which will sound at the beginning of inhalation and at the beginning of exhalation. You can also select a setting like Background Sound "**Silence**" and Synced To Breath sound "**Vibration**".

Manual Session Settings
This setting allows you to vary your inhalation and exhalation times according to your current preferences.

Inhalation Time in Seconds
Here you can choose the exact duration of the inhalation (between 2 and 15 seconds).

Exhalation time in Seconds
Here you can choose the exact duration of exhalation (between 2 and 15 seconds).

Important: Before you select session settings, firstly consider whether you want to run the session in "**DAY"** mode or "**DARK"** mode. Selected settings like sound type, session length and session type will be lost if you switch between these two modes after having selected your session settings.

Choosing the Background
The "**DARK**" mode allows you to use the app during nighttime hours without disturbing others in close vicinity.
Pressing the "**DARK**" button will darken both the "**Settings**" and "**Session**" screen. Once in Dark mode, pressing the "**DAY**" button will bring you back to the default Day mode background.

Background Colour
You can select from 5 different session background colours (this choice functions only in "**Day Mode**").

MENU
In "Settings" you can open the menu. For this, tap on the three white horizontal lines in the upper left corner. In "Menu" you can select "**User Guide"** and "**Login/Register**". If

you are logged in as a registered user, you will additionally see the following options: "**Change Profile", Previous Session"** and "**Log Out"**

SESSION
During your session the small ball in the column moves from the bottom to top and then back down again in the pre-set time frequency.

Pause/Resume a session
You can pause a session by pressing the "**Pause**" button below. Press the "**Play**" button to restart the session.

Leaving the Session
To leave a running session, click on the 3 horizontal white lines in the upper left corner. You will be asked if you really want to stop this session. After you have confirmed this with "**Yes**", the program brings you back into "**Settings**" where you can try out new session settings.

LOGIN/REGISTER
It is possible to register as a user.
One of the advantages of registration is that when you are registered, the app remembers your session settings and opens with the settings you selected in the last session. As a registered user you can also select settings of other previous sessions.

Sign Up
To register, first open the menu (click on the three white horizontal lines in the upper left corner), select "**Login/Register**" and then "**Sign up**" (lower screen next to "**Don't have an account?**")

For registration, please enter a **first name** and a **valid** email address.
For scientific evaluation purposes, questions about age, gender, country, and for what purpose you are using this app will appear. We invite you answer these questions as honestly as possible. By doing so, you are making a valuable contribution to our science and research project. Your answers will help us to gain a deeper understanding of the impact of conscious connected breathing on health and wellness.
If you are also interested in actively participating in a future research series sponsored by the IBF, you can optionally check this box.
Next, click on "**Sign up**". An information pop up window appears, informing that you will receive an email from IBF to complete registration.
Click "**Proceed**" in order to leave this message. You will then receive an email requesting confirmation.

IMPORTANT: To complete your registration and to activate your account, open the IBF email and click on the confirmation link. The IBF guarantees that your data will remain anonymous and will never be passed on to third parties.

Login
If you already have a user account you can log in with your email address and password.

Previous Session
Only registered users are able to see the page "**Previous Session**" in the menu. Here you can select a previous session with exactly the same settings (duration, sounds and colors) as before. You can also track your own usage of the app here.

CREDITS

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ABOUT THE IBF

The purpose of the IBF is to promote a heart-centred approach to breathwork, its theory and practice, for the expansion of consciousness and for personal and global transformation.
Conscious breathing is the practice of breathing with awareness, intention and attention to your inner experience, in the present moment.

For more information about the IBF and our world-wide conscious breathing initiatives: www.ibfbreathwork.org

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DOWNLOAD THIS USER GUIDE
Link: https://ibfbreathwork.org/ibf-breathing-app-user-guide/

IBF BREATHING APP - VERSION HISTORY
Version 1.0 released in June 2020
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AVAILABLE FOR ANDROID AND IOS (FREE)