



**ibf** INTERNATIONAL  
BREATHWORK  
FOUNDATION



# The IBF Breathing App User guide

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## Tips for Conscious Connected Breathing

Breathe in and out through the nose. Connect the inhalation and exhalation, with no pause in between. If your nose is blocked, you may breathe gently through your mouth.

[Click Here to Watch a Demo Video](#)



### 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.



### 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.

## Settings

This App offers three “Pre Set” session options:



Relaxing Breath



Energizing Breath



Coherent Breath

**Quick Start** Select one of the three preset icons and press “Start” 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** You can manually set a session duration from 2 minutes up to max 90 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.

**Pre-Listening Option** Clicking on one of the two SELECT boxes opens a menu with two options:  
1. Listen to each sound offered                      2. Select the sound you want to hear in your session.

**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 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.

*Settings continues*

**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 "Gong" synced to breath sound, which will sound at the beginning of inhalation and at the beginning of exhalation. You can also choose a silent, physically perceptible combination by selecting no background Sound "Silence" together with Synced To Breath signal "Vibration".

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**Manual Breathing Cycle Settings** Four vertical scrolling wheels allow to manually set the duration of inhalation (IN), exhalation (OUT) and "hold your breath time" (HOLD).

**Important:** For the recommended "Conscious Connected Breathing" method you only need to set an inhale (IN) sequence and an exhale (OUT) sequence. HOLD sequences are used in other breathing techniques.

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**Inhalation Time in Seconds** Here you can choose the duration of inhalation (between 1 and 15 seconds - adjustable in steps of 0.1 seconds).

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**Exhalation time in Seconds** Here you can choose the duration of exhalation (between 1 and 15 seconds - adjustable in steps of 0.1 seconds).

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**Hold (your breath) time in Seconds** The HOLD option can be used for additional breathwork methods such as Box Breathing, Buyteko, Pranayama, etc. HOLD sequences can be set between 1 second and 60 seconds (adjustable in steps of 0.1 seconds).

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### Choosing the Background

"**Night**" is the default mode. It allows you to use the App during nighttime hours without disturbing others in close vicinity.

Pressing the "**Day**" mode button will bring you to the Day mode background.

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**Background Colour** Next to "Night" mode, you can select from 5 different DAY background colours.

## MENU Explanation



A click on this symbol brings you back to the "Settings" screen.



This button opens the "Previous Sessions" screen - but only for registered and logged-in users.



This button opens the User Manual.



This opens the "**Profile**" page for logged-in users where you can change your profile. Here you can also **delete** your account. If you are not logged in, clicking this button will redirect you to the "**Welcome**" screen where you can register or login.

## Session

During your session a flower with a ball in the middle opens and closes in the pre-set time frequency. You can also see the remaining session time counting down.

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**Pause/resume a session** You can pause a session by pressing the “**Pause**” button. To resume the session, click the “**Pause**” button again.

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**Ending a session early** You can end a session any time by pressing the “**Quit**” button. This will stop the session and bring you back to the “Settings” screen.

## Login / Register

We recommend that you register as a user.

One of the advantages of registration is that once you are registered, the App remembers all your previous sessions with the previously selected settings.

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### Sign up

When registering, please enter a **first name** and a **valid email address**. For IBF scientific research purposes, we ask questions about age, gender, country, and for what purpose you are using this App. The IBF guarantees that your data will remain anonymous and will never be passed on to third parties. Please answer these questions as honestly as possible. Your answers will help us to gain a deeper understanding of the uptake and impact of conscious breathing on health and wellness. If you are interested in more actively participating in a future research series sponsored by the IBF, select the relevant box to opt in.

Next, click on “**Sign up**”. An information pop-up window appears, informing you 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, you will receive an email, titled “Account Verification” from sender [ibfbreathingapp@ibfbreathwork.org](mailto:ibfbreathingapp@ibfbreathwork.org).

Open it and click on the link in the email. Now you can set your password and you will be able to log in to the IBF Breathing App.

If you cannot find the activation email in your inbox, check your spam folder too!

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### Login

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

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### Previous Session

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

## Profile / Delete Account

This screen offers the following options for logged-in users:

**Change First Name**

**Change Country**

**Change Email Id**

### Delete Account

(A click on this button will delete your user account, including all data.)

## Credits

**Concept & product management:** Mario Domig, Switzerland

**UI/UX design:** Marcus Otieno, Kenya

**Sound design:** Mario Domig

**Programming:** ParasTechnology, India

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Breathwork Development Fund**

**DONATE to the Breathwork Development Fund**

## About The IBF

The purpose of the IBF is to promote a heart-centered 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](http://www.ibfbreathwork.org)

### IBF Breathing App - Version History

Version 2.0 released in April 2024

Version 1.2 released in November 2022

Version 1.1 released in October 2021

Version 1.0 released in June 2020

Available for FREE

