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The Netherlands

Contemplations into respiration: effects of breathing and meditative movement on body and mind

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Citation

Gerritsen, R. J. S. (2023, December 13). *Contemplations into respiration: effects of breathing and meditative movement on body and mind*. Retrieved from <https://hdl.handle.net/1887/3672234>

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Note: To cite this publication please use the final published version (if applicable).

Contemplations into Respiration

Effects of breathing and meditative movement on body and mind

ISBN: 978-94-6419-987-1

Front image by Roderik Gerritsen with Midjourney AI, using the prompts:
meditating; heart; lungs; *background*: firing neurons.

Cover design by Joris van Schilt.

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Contemplations into Respiration

Effects of breathing and meditative movement on body and mind

ter verkrijging van

de graad van doctor aan de Universiteit Leiden,

op gezag van rector magnificus prof.dr.ir. H. Bijl,

volgens besluit van het college voor promoties

te verdedigen op woensdag 13 december 2023

klokke 10:00 uur

door

Roderik Jan Sebastiaan Gerritsen

geboren te Utrecht

in 1979

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