



Universiteit  
Leiden  
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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# **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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# Content

<b>Chapter 1:</b> .....	<b>1</b>
General Introduction	
<b>Chapter 2:</b> .....	<b>21</b>
Breath of Life: the Respiratory Vagal Nerve Stimulation	
Model of Contemplative Activity	
<b>Chapter 3:</b> .....	<b>77</b>
No Panacea? Tai Chi enhances motoric but not executive	
functioning in a normal aging population	
<b>Chapter 4:</b> .....	<b>115</b>
Breath of life: the acute effects of respiratory locus and rate	
on autonomic activity and inhibitory control	
<b>Chapter 5:</b> .....	<b>181</b>
General Discussion	
Generale Discussie (Nederlands)	<b>205</b>
<b>References:</b> .....	<b>231</b>
<b>Acknowledgements:</b> .....	<b>279</b>
<b>Curriculum Vitae:</b> .....	<b>280</b>