

SCIENCE . TECHNOLOGY

# THE ART OF BREATHING

52' (ENG, GER)

**Breathing feels natural, but few unlock its full potential.**

Techniques like holotropic breathing and the Wim Hof Method are gaining traction in sports and wellness, improving focus, reducing stress, and boosting performance. "The right breath can completely change your life. It can make the impossible possible – anyone can do it!" says breath coach Yasin Seiwasser, who trains professional athletes. Freediver Anna-Karina Schmitt dives over 80 meters deep on a single breath and recently set a world record for lake apnea diving – while managing her multiple sclerosis through breathwork. This documentary takes viewers on a journey of discovery into the most natural yet often overlooked force in our lives – our own breath.

Original Title: Atmen – Breathe Your Life

Year: 2024

Produced by: WDR

