

## For a better memory

**Superbrain yoga not only helps in keeping the brain healthy but also leads to greater psychological stability**

**F**ounder of modern pranik healing and arhatic yoga Grand Master Choa Kok Sui has gifted us with a technique to optimize brain wellness: "Superbrain Yoga". One easy exercise is designed to help students trying to improve grades, adults seeking to bolster memory in their senior years and patients with ADD, ADHD, Down Syndrome etc.

### Procedure:

1. Face east. For old people, face north
2. Connect tongue to upper surface inside the mouth
3. Invoke blessings of the Divine (optional)
4. Spread feet shoulder width apart
5. Squeeze right ear lobe with left thumb and left index finger
6. Squeeze left ear lobe with right thumb and right index finger
7. The thumb must be on the outside and the index finger must be on the inside while pressing the ear lobe. Maintain this position throughout
8. The left arm must be inside and the right arm outside
9. Squat while inhaling
10. Rise while exhaling
11. Repeat steps 9 and 10, 14 times per session



12. Release fingers from ear lobes

13. Say a short prayer of thanksgiving (optional)

### Precautions:

- Do not over-practice this technique. One can do about only 2-3 sessions in a day
- Frail people can do semi-squat version of the above, about 50-70 times per session
- Women must not perform this yoga 2 days before, during and 2 days after menstruation
- Keep the physical and energy body clean. Avoid smoking, drinking and non-vegetarian food

Other benefits of this yoga include greater psychological stability and ability to regulate the sex drive.

*(MCKS "Yoga Vidya Pranik Healing" Karuna Wellness Centre)*

*Times Wellness Workshop on Obesity and Eating Disorders will be held on 19th March'09 at Apollo Hospital, Sarita Vihar, Delhi at 3:30 pm. Call 011 - 23782396, 23782031.*

To register mail  
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