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Mind Body Spirit & You

Superbrain Yoga for children

Superbrain yoga is a technique to sharpen one's brain by doing squatting exercises in a specific posture, direction and 'mudra'

A large number of children and adults are being diagnosed with attention deficit disorder (ADD) these days. ADD causes difficulty in concentrating on academic studies and work and interferes with interpersonal relationships, impulse control, and general level of happiness. Typically, during teen years, the brain experiences many changes. This is a time of great physical and hormonal changes.

Experiments done over a set of students over three years show that students performing Grand Master Choa Kok Sui's Superbrain Yoga have improved academically, emotionally and behaviourally.

Superbrain yoga is a technique to sharpen one's brain by doing squatting exercises in a specific posture, direction and 'mudra'.

In the book by the same name authored by Grand Master, there are testimonies from parents with children challenged by ADD, ADHD, autism, and speech delay who performed this exercise successfully. The positive results of the experiments supervised by medical doctors at special learning schools, and by teachers at middle schools encourage the

addition of Superbrain Yoga to the regular routine of students whether specially challenged or not.

Benefits of Superbrain Yoga:

- Energises and activates the brain
- Increases inner peace
- Reduces psychological stress and gives greater psychological stability
- Greater intelligence and creativity
- Regulates sex drive
- Partial cleansing and energizing effect on *chakras* and aura
- Transformation of the lower energies into higher energies
- Improves functioning of the brain



- Increases the flow of pranic energies within the body
- Spiritual growth

For lasting benefits, this exercise should be practiced daily. It is recommended that parents teach these brain workout exercises to their children. Educators must include these in the brain-based learning curriculum for students.

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