

## Yoga can keep brain fit

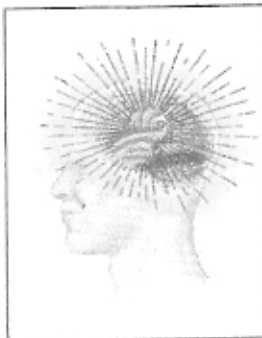
**It aids in countering the common mental effects of aging, memory loss and Alzheimer's disease, says Grand Master Choa Kok Sui**

The newborn brain contains about 100 billion brain cells and a complex network of nerve wirings or synapses. An average person can store up to one million items in the brain. The human brain is very sophisticated and gives people powerful potential. But to make the most of one's brain, it needs to be exercised and nurtured like every other part of the human system. Synapses-points of brain connections- have to be created and conserved for the brain to stay alert and healthy throughout adulthood.

Grand Master Choa Kok Sui, the foremost present day authority in utilizing energy or "prana" in healing, wellness and spirituality, deconstructed and analysed scientifically and clairvoyantly occurs when one does yogic exercises. As per Grand Master, the technique called "Superbrain Yoga" can provide the "energy fuel" that helps keep our brain fit and functional. It aids in countering the common mental effects of

aging, memory loss, as well as dementia and Alzheimer's disease.

With regular use of Superbrain Yoga, one can learn to gradually improve one's memory, increase focus and achieve mental clarity with a simple exercise. He has proven its effectiveness through scientific studies showing dramatic



improvements in children diagnosed with Autism, ADD, and ADD / ADHD. Superbrain exercise is a modified version of the squats done by students usually as punishment for misbehaviour

during early days. The exercise allows the body's energy centres to "absorb, digest and distribute prana to different parts of the body." When done correctly, the Superbrain exercise moves the energy trapped in the basic and sex chakras of the body upwards into the crown energy centre that controls the brain health.

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