

Brain Yoga

Instruction Guide



Memory loss, learning difficulties, behavioural problems
and forgetfulness improved by a simple 3 minute exercise

Brain Yoga - Instruction Guide

Brain Yoga offers real help to those with learning difficulties, autism, Alzheimer's disease and anyone whose memory is not as sharp as it should be. This report is the companion guide to the Brain Yoga video that can be watched at: <http://homeopathyplus.com.au/brainyoga/>

It contains step-by-step instructions and drawings on how to achieve the best results from the Brain Yoga exercise.

Congratulations!

You've just taken the first step towards a better memory, improved concentration and faster mental responses! In this report we'll show you how this simple exercise can speed up your brain in just a few minutes each day.

Brain Yoga and is taking the world by storm. It's an ancient yoga-based exercise that is achieving amazing results for those with memory loss and learning problems.

Brain Yoga is an effective technique for anyone, at any age. School children benefit from a higher level of alertness, better focus and improved memory. Adults find it invaluable for maintaining a clear, calm mind during the day. It is also a key tool for keeping the mind sharp during old age, and reducing or reversing the effects of dementia and memory loss.

We've laid out everything you need to know about Brain Yoga in this report, so you can start your journey to better mental acuity straight away!

Brief Instructions

Step 1: Stand with your feet shoulder distance apart.

Step 2: Hold your right ear lobe between your left thumb and finger.

Step 3: Hold your left ear lobe between your right thumb and finger. You should now be holding both ears with your arms crossed over your chest.

Step 4: Squat by slowly bending your knees and lowering your body toward the floor. Go as low as you comfortably can and then slowly raise yourself back to a standing position. Exhale as you squat and inhale as you stand.

Step 5: Repeat the squats 14-21 times.

Detailed Instructions

Even though Brain Yoga is a quick exercise that can be done in a couple of minutes between tasks, it is helpful and more pleasant to be in a peaceful, relaxing environment before starting.

Step 1: Remove any distracting jewellery such as earrings and bracelets and stand with your feet about shoulder-width apart. They should be pointing ahead (parallel to each other) and your posture should be straight but relaxed. It's important not to strain any part of the body during your practice. The spine should be straight and breathing should be deep, even and slow.

Step 2: First, reach up with your left hand to take hold of your right ear. Hold your right earlobe between your thumb and forefinger, pinching the lobe (the fleshy lower part of the ear) gently, and with the thumb on the outside of the lobe. (Fig 1.)

Step 3: While you're holding the right ear, move your right hand up to the left ear and repeat the same gesture, holding the lobe between the thumb and forefinger with the thumb on the outside.

You should be holding both ears now, with your arms crossed over your chest. The right arm should be on top of the left one.



Fig 1.

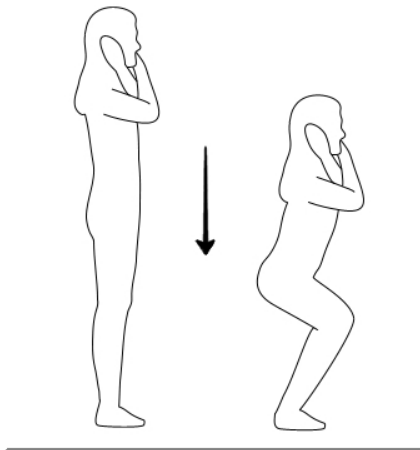


Fig 2.

Step 4: While looking straight ahead and trying to keep the spine straight, begin doing a squat. Exhale as you bend your knees and move down as far as is comfortable. (Fig 2.)

It's fine to bend forward slightly to keep your balance, but keep your head level (parallel to the floor). Your knees shouldn't go past your toes.

After you've gone as low as you can, slowly rise up, contracting your gluteal (bottom) and your thigh muscles. Keep your eyes focused ahead, and inhale as you rise.

The squatting process should only take a few seconds. It's important to keep the spine as straight as possible.

Step 5: Ideally, you should do between 14-21 repetitions, which will only take a few minutes to complete.

Keep your mind focused on the exercise while you perform it. Being aware of your body's movements will make the exercise much more effective.

And Then?

Practice Brain Yoga once a day to reap the benefits of better concentration and a sharper memory. If your mind still feels vague following the exercise, especially when you first start the practice, you can perform it multiple times a day until improvement is noticed. Results may be immediate or gradual, but you should certainly notice a difference within three weeks.

Extra Notes

1. Inhale or Exhale?

Some groups swear by the "exhale while squatting" approach while others insist it has to be "inhale while squatting".

As both claim their breathing technique works, either is probably fine.

These instructions include the squat-and-exhale method, as it is also consistent with the principles of yoga where the breath is expelled with chest compression and inhaled with chest expansion- but the bottom line is use the approach that works best for you.

2. Facing East?

Some say the exercise is more effective if done while facing east (where the sun rises), and with the tongue pressed firmly to the roof of the mouth. Give it a try and see if it works better for you!

3. Practice Abdominal Breathing

Most people only take shallow breaths in the upper chest. Watch how you breathe - if your shoulders rise and your stomach doesn't expand, you are a shallow breather!

This type of breathing is a result of a stressful modern lifestyle. When the body feels stress, it switches to the 'fight or flight' mode for survival. Among other things, such as an elevated pulse and higher levels of adrenaline, it also forces us to take shallow breaths.

Not only is abdominal breathing good for energizing the body during Brain Yoga, you can also use it to refresh yourself during the day. Practice deep breathing by exhaling then, as you inhale, push your stomach out and pull the diaphragm down so that the lungs can fill from the bottom up. Do this slowly and take a full deep breath.

Deep breathing brings the benefits of helping to expel all air from your lungs, thereby removing more toxins from the blood. It also settles the mind and helps you relax. Add it to your Brain Yoga practice for extra benefits.

Help – I can't bend my knees!

If reduced mobility prevents you from squatting, don't worry – you can still do a variation of the exercise.

Modified Squats

If you have some mobility but can't squat fully, just take shallower squats (half way down or even quarter squats). Only go as far down as is comfortable and remember to always keep your knees over your feet, not in front of them. The exercise should never be painful.

Visualisation

If you can't squat at all, you can still use a technique called visualization, also known as mental imagery.

Studies have shown that when athletes visualize themselves performing perfectly in their minds, they actually compete better on the field. This is because visualization creates new neural patterns in the brain, paving the way for the body to follow suit. In other words, this mental rehearsal allows us to think ourselves into doing the things we want to do. You can use this trick in many areas of your life, including Brain Yoga.

Stand or sit and hold your earlobes as described above. Take deep, slow breaths and, when your mind is calm and focused, visualize yourself slowly moving down into the squat. Exhale as if you were physically doing the exercise. In your mind's eye, hold the squat a few seconds, then inhale as you see

yourself rising back to the standing position. Imagine the effort required and visualize the energy moving up your body and to your brain.

This technique is more effective if you have a friend or family member who can physically do the squats in front of you, allowing you to watch them and imagine yourself copying them – but it will still work if you close your eyes or focus on the area in front of yourself and imagine moving down and up. If you can add some body movement to the visualization, this will also help.

Synchronizing your breath with the visualized movements helps to ground the experience and make it more vivid, allowing you to still gain the benefits of Brain Yoga. Although physical practice yields faster results, visualization allows even a bedridden person the chance to improve their mind.

Motivating Children to Do the Exercise

The easiest way to encourage children to do the exercise is to turn it into a regular part of their routine. Perform the exercise just after waking in the morning, when they get home from school, or any other time when they're likely to be cooperative and happy.

It is worth investing a little time and effort into making the exercise interesting and fun. If the child is forced to do the exercise or if the session is unpleasant, he or she will lose interest and eventually refuse to do it. The easiest way of maintaining enjoyment is to turn the exercise into a play session that is then followed by a reward or treat. "Star charts" also provide motivation and incentive as the child watches their tally of consecutive exercise days increase - especially if they get to put the stars on.

The addition of music will improve focus and add an extra element of interest, as will doing the exercise, at least sometimes, with friends. Even better, join your child in the exercise. If they see it is important to you and something you enjoy, they are much more likely to do it too.

Use these strategies and before long the exercise will become an unquestioned habit, and the pair of you will be on your way to improved and clearer thinking.

Final Words

The body is maintained by a circulating life-giving energy (sometimes called prana or ki). The energy gathers in points on the body known as "chakras". Sometimes this energy flow becomes sluggish or stagnant, affecting both mind and body.

The Brain Yoga approach uses a combination of acupressure on the ears and a squatting exercise to move energy from where it collects in the lower chakras up to the brain. It also helps connect the left and right parts of the brain to energise and promote clear thinking and better memory.

To watch a video report and demonstration of Brain Yoga, visit:
<http://homeopathyplus.com.au/brainyoga/>

We hope you've found the additional information in this report helpful. May you too live your life with clearer thinking, faster recall, and a razor-sharp memory.

More eBooks and guides can be found at the My Homeopathy site, at:
<http://www.myhomeopathy.net/>