

Yoga Your Brain

I confess doing yoga has been on my *must-do list*, my December 31st *New Year's resolution list* and my *do before I die list*. Needless to say, yoga remains a list item. So far I've only purchased a how-to yoga video which of course I've not looked at. That was until I found out there was a **great yoga technique for the brain**.

Imagine being able to feel more alert, having greater clarity of thought and becoming smarter!

Below is a quick 4-minute video news alert about **Super Brain Yoga**. **After watching this there are no more excuses!** You and I can both do this. This is the easiest and least time-consuming yoga exercise you can do to have better brain performance.

Basically, the idea behind this simple body movement is to activate the ear lobe acupuncture points at the same time you inhale and exhale in a pattern coordinated with a series of 15 to 21 squats. Now, the idea of doing a squat may stop you right there – knowing that your body resistance will be greater than any desire you might have to lower your body in space and then raise it again.

Have no fear, you can do this. Just lower your body as much and as safely as you can.

In the video below you will see both **Dr. Eric Robins** discuss why he recommends this to his patients and Yale, neurobiologist **Dr. Eugenius Ang, Jr.** explain the positive effects on the brain.

Click below and discover this fascinating way you can improve your brain. When you are done, **click on the link** How to Do Super Brain Yoga where you can print out step-by-step instructions.