

What Is Super Brain Yoga?

Super Brain Yoga

Super Brain Yoga is an ancient yogic exercise that is designed to activate, energize and strengthen the brain cells. It is a simple yet powerful technique to fuel and sustain a healthy brain in order to enhance the capability of the brain to retain and process information. <https://www.globalpranichealing.com/courses/healing-and-protection/super-brain-yoga/>

Information taken from - <https://parenting.firstcry.com/articles/magazine-super-brain-yoga-a-simple-exercise-to-boost-your-mental-health/>

Superbrain yoga benefits both Adults and Children. This article refers to children but the same information applies to adults.

Superbrain Yoga is a type of yoga which stimulates the acupressure points in your earlobes. This sends electrical signals to the brain, thus stimulating it and boosting cognitive clarity. The result is a sharper and calmer mind, better performance in school/work and anything else that involves learning, retention, and recall.

Superbrain Yoga, for kids and adults alike, boosts electrical activity in the brain and gets it up and running. Your brain is like a muscle and essentially, this type of yoga stimulates it and gives it a workout. It's gentle, easy-to-do, and it doesn't take a lot of time either. Any energy locked away in your lower extremities gets channelled upwards, going right to your brain and boosting its functioning.

What Are the Benefits of Super Brain Yoga?

If you practice Superbrain Yoga every day, you will begin to experience these benefits:

1. Increases Creativity

From drawing, painting to any activity that requires creative thinking, your child's performance will be better than before. They will pick up new skills a lot faster and need to put in less effort to get more things done.

2. Calms the Mind

It'll calm the mind, de-stress her/him, and ease anxiety.

3. Improves Cognitive Function

Since it's yoga for the brain, she/he will be able to recall and remember more. His or her brain will be much sharper and he/she will get used to 'thinking on their feet'.

4. Lowers Stress

One of the biggest benefits is that it lowers stress levels. Less stress also means she/he will be able to focus better, relax, and let go – leading to learning and performing cognitive or physical tasks with confidence.

5. Helps Ease Depression

Practising Superbrain yoga every day can help with reducing depression. It can also help with conditions like mood swings, ADHD, OCD, and any mental health problems.

6. Improves Balance

The physical benefit of Superbrain Yoga is that the sense of balance improves. This means you won't be prone to falling or slipping on the ground since your feet will be well-grounded when walking or running

8. Cleanses Emotionally

Emotional blockages or negative energy in the body manifests physically. If you've got any blockages in your life, it'll show up sooner or later in the form of disease, injuries, physical trauma, etc. When you do Superbrain Yoga correctly, it will help to release the blockages and circulate positive energy throughout your body. This will leave you feeling good and also improve your productivity in all spheres of life.

9. Improves Energy Levels

Your child's metabolism gets a boost, she/he will feel more energized, and won't get tired easily.

10. Changes Perspective

This type of yoga makes you a more positive person and emotionally healthier. The way you look at life and how you do things change completely.

Information taken from. <https://parenting.firstcry.com/articles/magazine-super-brain-yoga-a-simple-exercise-to-boost-your-mental-health/>

More Information on the amazing Superbrain Yoga

Information take from - <https://www.stylecraze.com/articles/super-brain-yoga-and-its-benefits>

How often can one practice Super Brain Yoga?

You can practice it whenever you can, but ideally, two times a day will do.

Super Brain Yoga is a simple squatting exercise. It does not involve any twisting and turning of the body. It is an easy process that improves your mental health and maintains it consistently.

Dr. Joie P. Jones of the University Of California researched to prove the authenticity of Super Brain Yoga. His research showed that the practice effectively activated the acupuncture points on your ears that stimulate your mind.

The brain is a crucial part of the human body. It is formed four weeks after an embryo is conceived and produces half a million neurons every minute. Also, in fully developed human beings, 300 million neurons connect the right side of the brain to the left side. Your brain is truly a marvel, and you must take care of it by practicing Super Brain Yoga.

Super Brain Yoga keeps your brain efficient and enhances its functioning.

Just like you exercise and nurture the muscles of your body, you must do the same for your brain. It is perfect for adults working towards brain wellness. If you practice Super Brain Yoga well, it helps the energy trapped in the lower parts of your body rise to the brain, which can improve your intelligence and creativity.

The best time to practice Super Brain Yoga is in the morning. Get up early and freshen up. Wear comfortable clothes and remove any jewellery from the body.

How to do Superbrain Yoga

Posture

Make sure you stand straight and face the sun.

Method

Once you are in the right posture and direction, place your tongue on the upper part of your mouth, right behind the teeth.

Lift your left arm and take it across your upper body to reach the right earlobe and hold it with your left hand's thumb and index finger. The thumb should be facing front.

Do the same with your right hand and make sure that the thumb is facing front. Now, slightly press both your ears with your fingers. Also, your left arm must be closer to the heart and tucked inside your right arm.

Once your position and stance become steady, breathe in deeply and squat down. Do not let go of your breath while you do so. Hold it till you rise from the squat. Then, breathe out deeply. Repeat the procedure 15-20 times. During the entire process, do not let go of your tongue in the mouth and hold your ear lobes.

Result

The entire process might seem too simple to believe that it could change anything within you, but I am telling you, keep at it, and you will notice a significant difference in your concentration levels within a few weeks.

You will begin to notice significant changes within the first three months of your practice, and in seven months, you will see that your cognitive abilities have improved. In the case of children, you'll notice 20-35% cognitive improvement.

**** Precautions - ladies around the time of the month do not do this, leave until all is finished.**

See <https://pranickolkata.com/superbrain/>, and <https://pranichealing.com>

<https://superbrainyoga.com.au/> for more information and research in this area.

