

HOW TO DO SUPERBRAIN YOGA

How To Energize & Activate The Brain To ensure you achieve maximum benefits: 1. Face East. For the elderly, face North. 2. Remove any jewellery and connect your tongue to the roof of your mouth. Leave it there throughout the exercise. 3. Take your left hand, cross your upper body to take hold of your right earlobe with thumb and forefinger. Make sure that the thumb is in front. 4. Now take your right hand across your upper body to take hold of your left earlobe. Again, make sure that the thumb is in front. At this point you're pressing both earlobes simultaneously. Make sure your left arm is close to your chest and inside your right arm. 5. Inhale through your nose and slowly squat down to the ground. 6. Hold your breath and exhale as you start making your way back up to a standing position. 7. Repeat this squatting action 14 times. Remember to keep holding your earlobes and to keep your tongue touching the roof of your mouth throughout the entire exercise.

Getting into the Position

1

Face the correct direction based on age. Those who practice superbrain yoga believe the direction you face can influence your energy and concentration. Most people who engage in superbrain yoga should face the east. However, if you are elderly, face the north.[1]

- If you're unsure of direction, invest in a compass to engage in superbrain yoga. Some smartphones come with a compass application. You can also download a compass application.



2

Remove all jewellery. Superbrain yoga requires a high level of mental concentration. Before engaging in superbrain yoga, remove any jewellery you are wearing.

- Some people may be hesitant to remove wedding or engagement rings. Although superbrain yoga is most effective with no jewellery, rings are usually not as distracting as other types of jewellery. If you prefer, you can keep rings on.



3

Stand up straight. Superbrain yoga is most effective if you practice good posture. To begin the routine, stand in a quiet room as straight as possible.

- To stand up straight, lift your head and back upward slightly. Allow your torso, front, back, and spine to lengthen. Widen your shoulders and keep your feet flat on the ground.



4

Place your tongue on the roof of your mouth. To start your routine, position your tongue correctly. During superbrain yoga, your tongue should be just behind your teeth on the roof of your mouth. It's the same place your tongue would be if you were about to say "La." Keep your tongue there for the whole exercise.



5

Touch your right earlobe with your left hand. Cross your left hand over your upper body. Use your thumb and forefinger to hold onto your right earlobe. Keep your thumb in the front.



6

Touch your left earlobe with your right hand. Now, cross your right hand over your upper body. Use your thumb and forefinger to hold your left earlobe. Just like with your left hand, your thumb should be in front.



7

Inhale and exhale while bending your knees. Bend your knees to lower your body towards the ground. As you do so, inhale through your nose. Then, lift your body as you exhale.



8

Repeat 15 to 21 times. After doing one squat, repeat the exercise 15 to 21 more times. Find a number of repetitions within that frame that is comfortable to you. Remember to keep your back straight and your tongue on the roof of your mouth.



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