

# Yoga for the brain

Phương pháp tập não bộ cho mọi người và mọi lứa tuổi

Rất giản dị và hiệu quả

video CBS về Super Brain Yoga.

<http://pranichealing.com/video/superbrain-yoga-workout-improve-brain>

**Step 1:** Face the sunrise. This form of yoga should be done in the morning, so that your concentration and stress relief will apply throughout the whole day. If you do not know in which direction the sun rises in relation to your room, wake up a little earlier than normal and watch before doing your yoga.

**Step 2:** Take your left hand and hold your right earlobe with your pointer finger and thumb. Make sure that the thumb is facing away from you. Remove any jewelry before proceeding.

**Step 3:** Take your right hand and hold your left earlobe with your pointer finger and thumb. Once again, make sure that your thumb is facing away from you, and remove any jewelry from this ear as well.

**Step 4:** Continue to hold your lobes as you press your tongue to the roof of your mouth.

**Step 5:** Inhale through your nose and slowly squat down to the ground.

**Step :** Hold your breath and do not exhale until you start making your way back up to a standing position. Continue holding your lobes and sticking your tongue to the roof of your mouth as you perform this move.

**Step 7:** Repeat this action 14 more times, for a total of 15. You may not notice a change immediately, but after a few weeks an improvement in concentration should become apparent.