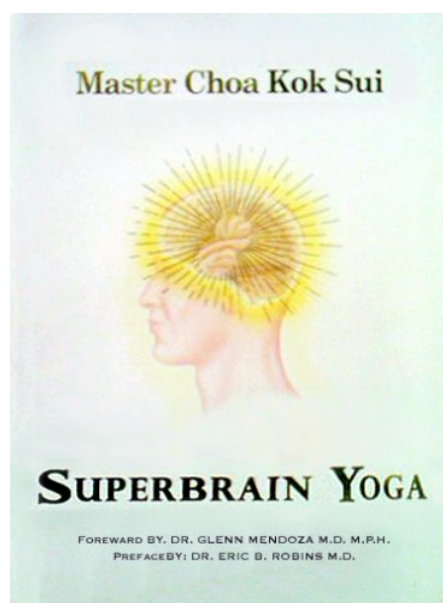




Superbrain Yoga

Choa Kok Sui

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Superbrain Yoga Choa Kok Sui

GrandMaster Choa Kok Sui Reveals an ancient Indian technique of increasing your brain power by harnessing the body's primordial energies. SuperBrain Yoga is a scientifically validated method to help super-energize the brain and enhance its sharpness and clarity. This simple and easy to do technique develops and increases intellectual capacity and sharpens memory & concentration. Included in this book are preliminary scientific studies on the SuperBrain Yoga Exercise showing dramatic improvements in children diagnosed with Autism, ADD, and ADD/ADHD. SuperBrain Yoga can be a part of an effective routine to help people with Dyslexia, Autism, ADHD, Learning Difficulties, Alzheimers and Poor Memory and Retention.

Superbrain Yoga Details

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From Reader Review Superbrain Yoga for online ebook

Nagakumar says

nice book

Shailen says

While the ancient exercise discussed in this book holds much merit, the anecdotal studies are not so convincing. I did find the description of the different chakras very informative and useful, and look forward to learning more about pranic healing.

Monica says

Actually this book is about one very simple exercise that can be explained in one page so if you are one of those who just want to get on with it you can just google super brain yoga on youtube and start doing the exercise without having to read the book.

I am giving this one star first and will do try to the exercise consistently to see its effects. If it is effective, then I would up the star power :)
