

# Master Choa Kok Sui “Super Brain Yoga” Workshop

**Upgrade your Brain  
with this Ancient Energy Secret**



**Imagine spending 1 minute doing an exercise to recharge your brain each day. The simple technique promises no sweat or pain, but lots of gain.**

## What is it?

Superbrain yoga is the latest energy therapy based on the principles of subtle energy and ear acupuncture, to energize and recharge the brain.

A growing body of scientific research validates the existence of an energy body. This energy body controls or is responsible for the proper functioning of the whole physical body and its different parts and organs.

Superbrain Yoga combines movement and breath with specific hand placements on certain parts of the body and leg movements to move the energy within the system to activate the brain.

## Benefits and Applications

Assists

- Memory
- ADHD
- Learning
- Mental Sharpness
- Concentration and Brain Function.
- Calmness
- Focus
- Academic performance at all levels
- Elderly people experiencing memory loss.
- Meditation
- Intelligence and IQ
- Positive emotional states

***without the use of drugs.***

### Simple Exercise

Only 1 minute per day

Can be done by all ages, adults and children

Help yourself and your family with this powerful brain energising technique.

Superbrain is also being used by Doctors, Teachers, Parents, Students, Occupational Therapists, Yoga teachers and practitioners, Healers and Carers and anyone who wants to increase their intelligence.

**Help yourself and your family with this powerful brain energising technique.**

***“The Great Indian Rishis have developed a technique to increase the intelligence of people based on the principle of ear acupuncture.***

***Unfortunately, the “proper” technique on how to do this exercise has been distorted and lost. To understand the principles behind Super Brain Yoga it is important to explain certain new scientific concepts.”***

[Master Choa Kok Sui]

## **Dramatic Results**

Pilot studies on the effects of Superbrain Yoga™ on school children includes children with disabilities such as **ADHD/ADD**, developmental and cognitive delays, Down syndrome and specific learning disabilities.

On a group of severely **autistic** children with a variety of issues, including minimal communication, self-abusive behaviours, obsessive-compulsive tendencies, hyperactivity, inattention and cognitive delays, some outstanding results were obtained within a period of three weeks only. It was noticed that even the most severe cases displayed marked improvements in calmness, focus, ability to register sensory inputs more appropriately, and were able to go through their tasks calmly. The results were so encouraging that a further round of exercises was recommended.

When a group of over fifty middle **school children** studied showed significant increase in academic and behavioural performance, greater class participation and improved social skills. In one study, the result of an ECG showed increased amplitude in the parieto-occipital region of the brain following the Superbrain Yoga®. This indicates increased brain electrical activity following the exercise.