



SuperBrain Yoga (Latest Edition) (Pranic Healing)

By Master Choa Kok Sui

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Superbrain Yoga can provide the energy fuel that can keep our brain fit and functional, and how these can help counter the common mental effects of aging, memory loss, as well as dementia and Alzheimer's disease.

Learn to gradually improve your memory, increase focus, & achieve mental clarity with a simple easy to do exercise.

Includes scientific studies showing dramatic improvements in children diagnosed with Autism, ADD, and ADD/ADHD.

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