

PRACTICAL GUIDE TO BOOST MEMORY AND BRAIN POWER



The Way of Attention

- More than sixty types of neurotransmitters are present in the brain. Some excite you, and some calm you down.
- The three most commonly discovered neurotransmitters are serotonin, norepinephrine, and dopamine.
- Serotonin plays a role in emotional tone and many different dynamic processes. Low serotonin levels are related to anxiety, depression, and even OCD.
- Norepinephrine activates attention. Dopamine helps with concentration.
- Neuroplasticity makes up your memory.
- By making connections between thoughts or pictures, you also make connections between the neurons that make up your memory.
- The more you do something in a specific way, use words with a particular pronunciation or remember something about your past, the more neurons work together to strengthen your connection.
- Pay attention to the behavior or memory you want to repeat or remember. Meditation activates your frontal lobes, allowing you to remember things.
- Remember, your brain cannot remember millions of things, so pay more attention to what you want to remember.
- Perform an "Attentiveness check" once a day for a week. When someone is giving you instructions on how to do something, do the following:
 - Listen carefully and watch closely to what is being said/done.

- Correctly repeat/demonstrate back what you were told/shown.
- By paying close attention to instructions the first time, you will avoid mistakes and wasted time. At the end of the week have you noticed that it is getting easier to focus your attention on instructions when you deliberately stay attentive.

Build photographic memory

- When it comes to digesting binders of information for future recollection, it's tempting to mentally wolf the material down as expediently as possible. If this sounds like you (and college kids, in particular: ears up) we have two words for you: Slow. Down.
- According to research out of the UCLA, if you're trying to memorize something, it's best to break up the knowledge over several days—and to repeatedly go over the material.
 - For example: If you're learning French, instead of attempting to memorize several dozen adjectives by the end of the week, pick ten, and dedicate time to go over them on, say, Monday, Wednesday, and Saturday.
- Omega-3 fatty acids play an important role in brain function, including memory. A 2022 randomized clinical trial found that supplementation of Omega-3, carotenoids, and vitamin E can improve working memory in older adults.

- A 2016 trial found that Omega-3 supplementation alone can improve overall memory function in older healthy adults.
- The things you want to remember (like the items on a grocery list) need to each be associated with an image you won't forget. What type of images do we not forget? Extreme things that stand out. Go for crazy, lewd or funny.
- One way to help you remember something, whether it is the title of a book or where you left your keys, is to take a moment to visualize the item at hand.
 - For example, if the object is a book called "A Thousand Splendid Suns," take a moment to visualize what a thousand splendid suns would look like.
 - Having the image imprinted in your mind can help you recall the title of the book later.
 - Similarly, if you place your car keys down on the kitchen counter, try to imagine your keys doing something silly in the kitchen like cooking or eating the fruit in the fruit bowl. When it comes time to look for your keys later, you'll be unlikely to forget that silly image you created in your head.
- For many people, forgetfulness is not a memory issue, but a result of being too distracted to effectively learn the information in the first place. When possible, try not to multi-task. Focus all of your attention on completing one activity at a time.
 - Though it's tempting to take care of several things at once to save time, you will be more likely to retain the information if you do each one individually, saving you time in the long run

- If you want to retain information, it will help to clarify why you're reading. For example, if you think to yourself, "I need to read this manual so that I know how to use my pressure cooker," that can help you retain the information.
 - Any purpose is fine! It can be as simple as, "I need to memorize the origins of the Civil War so I can pass my history test!" Having a purpose will help your brain remember why you're reading in the first place, and might help you retain information.
- As you read, try to relate what you're reading to other parts of the book, chapter, or article. It's helpful to think about the general organization of the piece and mentally sort the information you're reading into the corresponding parts of the outline.
 - For example, in a chapter on the Civil War, as you read about slavery you can associate that with the part of the chapter that is analyzing the origins of the war.

The Recalling Power

- Any time you learn a new piece of information, you're more likely to mentally record that information if it's repeated.
 - Repetition reinforces the connections we create between neurons. Repeat what you hear out loud.
 - Try using it in a sentence. Write it down and read it aloud.

- Mnemonic devices can be in the form of acronyms, abbreviations, songs, or rhymes.
 - Mnemonics have been tested since the 1960s as an effective strategy for students. You've probably been taught a few mnemonic devices for remembering long lists.
 - For example, the colors of the spectrum can be remembered with the name ROY G. BIV (Red, Orange, Yellow, Green, Blue, Indigo, Violet).
- Some mnemonic systems include
 - **The loci method:** This memory-boosting strategy dates back to the days of the Roman Empire and is also referred to as the memory palace. To try it, follow these steps:
 - Think of the thing you want to remember and create a visual image of it.
 - Create an association with the thing you wish to remember. For example, if you want to remember an address, visualize the written address on a front door that you visualize in exquisite detail, including the color, door knocker, and any other imagery.
 - When you wish to recall the actual address, visualize the front door and the address should pop into your mind.
 - Some people find that this system works best if the imagery they conjure up is extreme, irrational, bizarre, silly, or funny.

- **The peg system:** This system correlates things you know well, such as the alphabet, with things you wish to remember. It works by creating an association or a reminder. To do it:
 - Generate a mental image of a peg with a letter or number on it.
 - Then hang what you want to remember on it.
- Another tactic of memory connoisseurs is that they don't just rely on one sense to help retain information. Instead, they relate information to other senses, like colors, tastes, and smells.
- Modern technology has its place, but unfortunately has made us "mentally lazy." Before you reach for your phone to ask Siri or Google, make a solid attempt to retrieve the information with your mind. This process helps reinforce the neural pathways in your brain.
- When you're stressed, your body releases stress hormones like cortisol. Cortisol has been shown to greatly impair the brain's memory process, especially our ability to retrieve long-term memories. Stress and depression have even been shown in animal studies to shrink the brain.
- Your brain is made mostly of water. Water acts as a shock absorber for the brain and spinal cord. It helps our brain cells use nutrients. So just a small amount of dehydration can have disastrous effects.
 - Mild dehydration has been shown to cause brain shrinkage and memory impairment. Aim for at least eight to ten glasses per day, or more if you're very active.

- Situational awareness exercises are used by US Navy Seals, and other branches of the military. On request a Seal who must be able to describe the location of the doors and windows of the room in which they are sitting, along with other details that would be helpful to remember in order to be able to make a quick escape in the event of an enemy attack.
 - To get a feel for this, the next time you are in a restaurant, close your eyes for a few seconds and mentally picture the arrangement of the people sitting around you at the nearby tables.
 - If you are like most people, you probably won't do very well with this memory exercise the first time you try it.
 - The goal is to employ your attentional focus in the manner of a searchlight scanning the night sky.
 - The more you practise, the greater the breadth and depth of your memory.
 - You will remember more because at a given moment, your memory is encompassing larger swathes of your immediate surroundings.
- As humans we are very much creatures of habit. However, when you mix things up with your studying, it can help your memory. If you only study in your bedroom, how about going to the library next time or just to the kitchen table?
 - If you would normally study late at night, try getting up early and studying in the morning instead. When an element of novelty is added to your studying, then you can make your studying more effective, and improve your recall.

The Retention Power

- Repetition is most potent as a learning tool when it's properly timed.
- It's best not to repeat something many times in a short period, as if you were cramming for an exam.
- Instead, re-study the essentials after increasingly longer periods of time — once an hour, then every few hours, then every day.
 - Spacing out periods of study is particularly valuable when you are trying to master complicated information, such as the details of a new work assignment.
 - Research shows that spaced rehearsal improves recall not only in healthy people but also in those with certain physically based cognitive problems, such as those associated with multiple sclerosis.
- Stress is one of the brain's worst enemies. Over time, chronic stress destroys brain cells and damages the hippocampus, the region of the brain involved in the formation of new memories and the retrieval of old ones. Studies have also linked stress to memory loss.

Tips for managing stress

- Set realistic expectations (and be willing to say no!)
- Take breaks throughout the day
- Express your feelings instead of bottling them up
- Set a healthy balance between work and leisure time
- Focus on one task at a time, rather than trying to multi-task

- **Working memory**, often described as the “queen of memory”, is essentially the ability to keep in your attentional foreground a piece of information while you turn your attention to something else.
 - See how many prime ministers you can think of, starting with Rishi Sunak and going back as far as you can.
 - Now list their names in alphabetical order. To do this, you have to mentally move the names around and rearrange them.
 - What you are doing is encoding one item while retaining access to items recalled moments earlier.
 - This is working memory in action. Experts consider it the basis for general intelligence and reasoning.
 - In general, the people who can hold the greatest numbers of items in mind are best at considering multiple aspects of a problem simultaneously.

Learning things faster

- Define what you want to learn and set specific, achievable goals. Having a clear objective will help you stay focused.
- Actively engage with the material. Take notes, ask questions, and participate in discussions if possible.
- Visual aids like diagrams, charts, and mind maps can simplify complex concepts and make them easier to understand and remember.

- Break down information into smaller, manageable chunks. This makes it easier to process and remember.
- Review and revisit the material at spaced intervals. This reinforces memory retention.
- Explaining what you've learned to someone else is a great way to reinforce your own understanding.
- Mix up your learning methods. Combine reading, watching videos, listening to lectures, and hands-on practice.
- Keep your study or learning materials well-organized to reduce distractions and save time.
- Find a quiet and focused environment for learning to minimize distractions.
- Focus on the most important and relevant information first. Manage your time effectively to maximize learning.
- Being genuinely interested in the topic can make the learning process faster and more enjoyable.

The Importance of the 5 Senses in Learning and Studying

Stimulating your senses while studying can improve retention. Why? Because the more you use your sense of taste, hearing, smell, sight, and touch while hitting the books, the more you're stimulating various parts of your brain at the same time.

Creating a multisensory learning environment, in which you stimulate one or more senses while writing an essay, preparing for exams, or studying for a test, could potentially help improve your recall.

The senses not only play a role in how we experience the world; they're also linked to memory and retention. For example, think about the last time you heard a song that you hadn't heard since high school. When it showed up on your

playlist, did you find yourself transported back to the time you first heard it, remembering who you were with, what you were doing, and what you were feeling in that moment? This indicates that the five senses are an important part of the learning experience.

Tips to Use the 5 Senses in Study Sessions

Taste

- Elite athletes understand that fueling their bodies with the right foods can help optimize their performance.
- Eating the right foods is equally important for students while studying.
- Data suggests that while sugary foods, refined carbohydrates (e.g., potato chips and candy), and foods that are high in trans fats (e.g., fried onion rings) can hinder studying efforts, foods such as nuts, apples and nut butter, berries, and cheese — i.e., brain-healthy foods — are fantastically healthy study snacks.

Sound

- Numerous studies have shown that listening to music is associated with lower levels of stress, boredom, and improved concentration, which is why many people stream music while exercising, working, and studying.
- The types of music that motivate people are largely individual. Ambient sounds, instrumentals, and lo-fi — among others — can all find a place in the best playlists for focus and memory.

Smell

- Odor-driven memories are real. Our olfactory bulbs have a direct connection to the areas of our brains that are linked to memory and cognition.
- Says a 2020 Scientific American article: "Neuroscientists have suggested that this close physical connection between the regions of the brain linked to memory, emotion, and our sense of smell may explain why our brain learns

to associate smells with certain emotional memories." Sage, lavender, and lemon are among the scents that may help boost focus and productivity.

Sight

- Anyone who has ever spent hours staring at a computer screen (or with their nose in a book) understands the value of taking some time to give their eyes a break.
- Stepping away from your studies — whether it's for five minutes or a half-hour — can make you feel refreshed.
- Remember, you don't need to take drastic steps to change your scenery.
- Taking a quick bike ride, taking your dog for a walk, and giving yourself a 15-minute break to practice yoga outside are among the numerous study break ideas that you can choose from.

Touch

- Fiddling with small toys — such as fidget spinners, stress balls, and Play-Doh — can reduce tension and relieve stress, according to the American Institute of Stress.
- Some companies have started to incorporate aromatherapy into stress toys, which can help users stimulate their olfactory and tactile senses at the same time.

Develop Mental Clarity

Mental clarity is a state of mind where you feel fully present, engaged, and active. You are clear of thoughts and mental fog while you tap into your creativity, critical thinking, and even your intuition.

- Start thinking of everything in terms of bullet-points instead of paragraphs. Try to compartmentalize a big thought into a few categories.

- Too many external stimuli clog up the work too. The more plugged-in and connected you are, the worse the situation. Try having one day a week with zero electronics — no phone, no computer, no TV.
- Just you, unplugged from the world. The world won't stop without your input, and you'll be just fine without scrolling on your Instagram feed or posting that BeReal for a day.
- Also, don't automatically respond and obey every time you get a bing or bleep that you have a message. Set aside time to answer emails and call people back so you stay focused on your work.
- Finally, cut back on your social obligations. If you're already slammed with responsibilities, let the book club slide. Do you really need to be on the leadership committee? Focus on what is truly important to you and say no to the rest.
- Write down a to-do list that encompasses everything that you need to do. Then, whittle it down to the essentials. Focus on the top priority tasks, your "hit list."
- Do them, finish them, and you can literally forget about other tasks until it's their turn. They've been written down, on a piece of paper (your "external drive," if you will).
- **Brain Dumping:** This is a silly, fun little exercise that effectively clears your mind. For the next 10 minutes, write down whatever thoughts you are having, no matter how random or ridiculous they may be.
 - Become aware of them as they float into your consciousness, and write them down. Then let your mind keep wandering and write down the next thought, and the next.

- Stumped about where to start? Close your eyes and wait for a moment. Your mind does not like silence. It's not used to not constantly yammering on — so within a few seconds it will come up with a topic.
- Write that thought down, and say, "next," before you get caught up in it; allow the next thought to come up — and write down that next thought. And the next. For 10 minutes.
- You don't need to keep any of this. But if you do, it's very illuminating what sorts of random thoughts your mind generates every day.
- In fact, this is a great self-awareness exercise. You can see very clearly how your mind jumps from topic to topic like a kid at the playground. Awareness is the first step to self-mastery.
- Avoid heavy food-coma-inducing meals, and don't let yourself become too hungry between meals. Both of these contribute to the deadly mental fog.
- Also, stay hydrated throughout the day. Your brain is a spongy mass that requires water for electrochemical reactions to work optimally; a dehydrated brain is a slow brain.
- Before you start any task or job assigned to you, make sure you have gained complete focus. Let yourself know for how much time it has to be done and how it is to be done.
 - Starting a task already and then planning things will only distract you and will lead to extra consumption of time.
 - Check your focus, and once you feel you are completely attentive, and then you may start the task.

Declutter the Mind

1. Keep a gratitude log.

Gratitude is appreciating what you have. It's saying that what you have is enough. Taking time every day to consider your blessings will help bring balance to your life. It's hard to be grateful and angry at the same time.

Spend five minutes every day to note at least five things you're grateful for. Some ideas: time with a friend, an award at school, your seatbelt, your breath, the colors in the park, and even the nourishing beauty of a rainy day.

2. Journal.

Whether digitally or with paper, journaling is a wonderful release of pent-up thought. By writing down your thoughts, worries, hopes, and experiences, you are finding respite from the chatter inside your head.

Even though you're still thinking of these things as you write, it's like you're observing the situation from ten feet away, no longer completely absorbed in the emotionality of it.

Try to journal every day for however long it takes to feel peace on a topic. The more you do it, the faster the peace comes. Like in therapy, simply letting it out is healing because we're relieved of the burden of keeping it all inside.

3. Laugh.

Laughter has been proven to be the best medicine for relieving stress. It eases defensiveness, lightens your emotional load, and lifts stress off your shoulders. It brings balance to your psyche because laughter is presence.

Practice not taking yourself so seriously and laugh more often. Really laugh. A deep, hearty, Santa laugh. Watch comedies, hang out with funny friends, go to a comedy club, read the Sunday comic strips, or play with your kids or your dog. With so many options, stress doesn't stand a chance.

4. Zone out.

Take time to rest your mind every day. Let your mind shut off from having to process, apply, or interpret information. This means no TV, no conversation, no reading, and no problem solving.

Take a break from the chores, from the duties of the day. Let the breath come and go naturally, and the eyes roam wherever they want.

Look at the trees sway, the clouds float, the stars shimmer. Afterward, when it comes time to work, you'll find focus more easily than before your mini-retreat.

5. Control your media intake.

Watching or listening to anything and everything just because it's on doesn't bode well for your psyche. Subtle opinions, biases, and judgments creep into your mind and embed thought structures.

Oblivious, you then form opinions that aren't your own, simply because you heard it on the radio.

Start really paying attention to the noise that you let seep into your eyes and ears. Ask, Is this benefitting my life in any way?

6. Get creative.

As often as possible, connect with your inner child by exploring your imagination. Let curiosity lead. When it comes to opportunities to get creative, there are plenty! A few of my faves: puzzles, coloring, drawing, singing, dancing, and even making a meal from scratch.

The point is to get lost in awe and wonder like you did at five years old. When you achieve that feeling from a certain activity, keep doing it!

7. Exercise.

Move. Sweat. Stretch. Get active and get your endorphins going! Exercise helps control your weight, prevent illness, boost energy, and improve your mood. It helps you sleep better, feel better, and focus better.

Find an activity that inspires you to raise your heart rate—dance, yoga, martial arts, running, walking, whatever. If maintain some level of frequent activity, it will serve your health and well-being for years to come.

8. Get clear on your priorities.

To figure out your top priorities, list your goals, your motivations, and those relationships that matter most to you. Then rank them in order

of importance to your well-being. These are the things, respectively, that you'll want to spend the most time on.

Evaluate anything that comes between you and your priorities—is it worth you compromising on what matters most?

9. Do something kind for another person.

The late Zig Ziglar said, "You'll get everything you want if you help others get what they want." Whatever we feel is lacking in a situation is something we're not giving. And anytime we feel lack or longing, we're out of balance.

Sounds counterintuitive, but if you want to see more of something in your life, start giving that thing away—be it love, money, or attention.

Make it a point every day to be kind with your actions, your words, and especially your thoughts.

If you don't feel genuinely moved to lend a helping hand or pass along a compliment, simply smile instead. That act alone is enough to improve your mood and clear the mental blockage between you and compassion.

10. Let go.

Since when does worrying get you anywhere? Release those useless, negative thoughts of worry. When we do this regularly, we drastically reduce the amount of "stuff" that needs our attention and depletes our energy.

Drawers and cabinets are not the only areas that need tidying. Our minds are full of thoughts in the form of judgments, expectations, and

fears that blind us from the truth. Try monitoring your mind and replacing negative thoughts with positive ones. You'll soon notice a change in your entire outlook on life.

Clear Brain Fog:

It's the middle of a long workday and your brain is feeling fuzzy. You're unmotivated, it's difficult to remember important information, and your mind is taking every opportunity to drift.

You might be experiencing brain fog, a term used to describe a set of symptoms that impact your ability to think.

A [2016 study](#) [Trusted Source](#) suggested that stepping away from a task and taking a break can substantially improve your performance, focus, and degree of self-control.

Not all mental breaks are created equal, however. One [2019 study](#) showed that reaching for a cell phone did not allow the brain to recharge as effectively as other types of relaxation.

To give your brain a more efficient break, try:

- **Meditating.** Just a few mindful minutes can increase concentration, per [2018 research](#) [Trusted Source](#).
- **Calling a friend or loved one.** [Research from 2020](#) suggests social connection improves brain function.

- **Taking a power nap.** Naps may strengthen memory retention and cognition, [2017 research](#) says, especially for young adults.
- **Doing something creative.** This might include painting, writing, coloring, dancing, cooking, or baking. [Researchers from 2018](#) suggested that creativity is a worthy opponent to stress.
- **Going outdoors.** A [large body of research](#) points at nature as a positive promoter of mental health.

Other ways to support brain health and reduce feelings of brain fog include:

- Engage in mentally stimulating activities.
- Continue learning new skills throughout your lifetime.
- Stay social or increase social activity, such as by volunteering, working with others, or joining groups or clubs.
- Reduce the use of substances that interfere with brain functioning, including alcohol.
- Make sleep habits a priority, aiming for seven to nine hours each night.
- Limit or avoid multitasking, focusing on one task at a time.
- Review your medication list with your prescribing healthcare provider
- Take breaks, reduce stress, and try to balance leisure and work.
- Get enough physical activity regularly and consistently.
- [Eat a healthy diet rich in whole foods.](#)
- Avoid excess screen time, especially before bed, and take regular breaks when using screens.

Revise Effectively

1. Set Your Study Goals

After you make your calendar, it is time to set your goals.

- Start by getting a full picture of your time limit and writing down all the exam dates.
- Then, you should think realistically about what grades you can get in each of your subjects and what you can do to boost them.
- Finally, identify your strengths and weaknesses in the subject you'll be studying. Based on that, you can set your revision priorities.

2. Break Down Your Goals

Big goals can be hard to achieve. A good way to reach your study goals is to break them into smaller parts.

Let's say your study goal is to get an A on your Literature exam in college. To do so, you need to break down the process into smaller steps. For example, read the required chapters, analyze the reading material, write down the possible exam questions, etc. It is easier to focus on these smaller steps. Moreover, you'll be able to watch your progress little by little.

3. Summarize Effectively

This technique is usually helpful for reading/writing learners. The idea is to summarize the material in order to deepen your understanding of it.

Here are a few steps that can help you summarize effectively.

1. **Read the material.** Make sure to read it more than once. Scan the text first, then read it carefully. Finally, reread the text to see if you understand it well.
2. **Divide it into smaller parts.** Break the text down into smaller parts to make it easier to follow.
3. **Find the key point in each section.** After you break down the text, identify the key points of each part. Pay attention to thesis statements and topic sentences.
4. **Write your summary.** Now that you have identified the essential points, it's time to summarize them in your own words. This step will help you to absorb the information.
5. **Double-check your summary.** Now, read your summary and make sure you didn't miss any crucial information.

Yoga Exercises to boost memory power:

1. Tadasana Or Mountain Pose



- Stand with your feet together, arms by the sides, your fingers pointing down to the ground.
- Keep your abdomen engaged but your pelvis neutral.
- Broaden your collarbone and roll your shoulders back.
- Keep your chin parallel to the ground, the top of your head spiraling up to the ceiling as you feel your spine lengthen.
- Breathe in and out with a gentle "ha" sound as you exhale.

2. Sarvangasana Or Shoulder Stand



- Lie down on your back and slowly lift your legs up into the air, extending them in a controlled manner.
- Your elbows must be resting on the floor.
- Keep your hands beneath your hips and breathe in as you slowly raise your pelvis, followed by your trunk, off the mat/ground. Keep going until you feel your chin touching your chest.
- Hold this position and keep breathing normally. Try to hold for a few seconds.
- Breathe out as you slowly lower your torso (followed by your pelvis and legs) back to the ground.

3. Paschimottanasana Or Seated Forward Bend



- Sit on the ground on a mat or folded blanket to support the buttocks and extend your legs.
- Rock on each buttock by turn, pulling away from the other sitting bone as you do so.
- The tops of your thighs must be turned in ever so slightly and pressed into the floor.
- Press your palms and fingertips into the floor and raise your sternum up to the ceiling.
- Breathe in as you lean forward from your hip, arms fully extended, elbows straight, hands on the sides of your feet, and your thumbs resting on your soles.
- Do not lean from your waist.

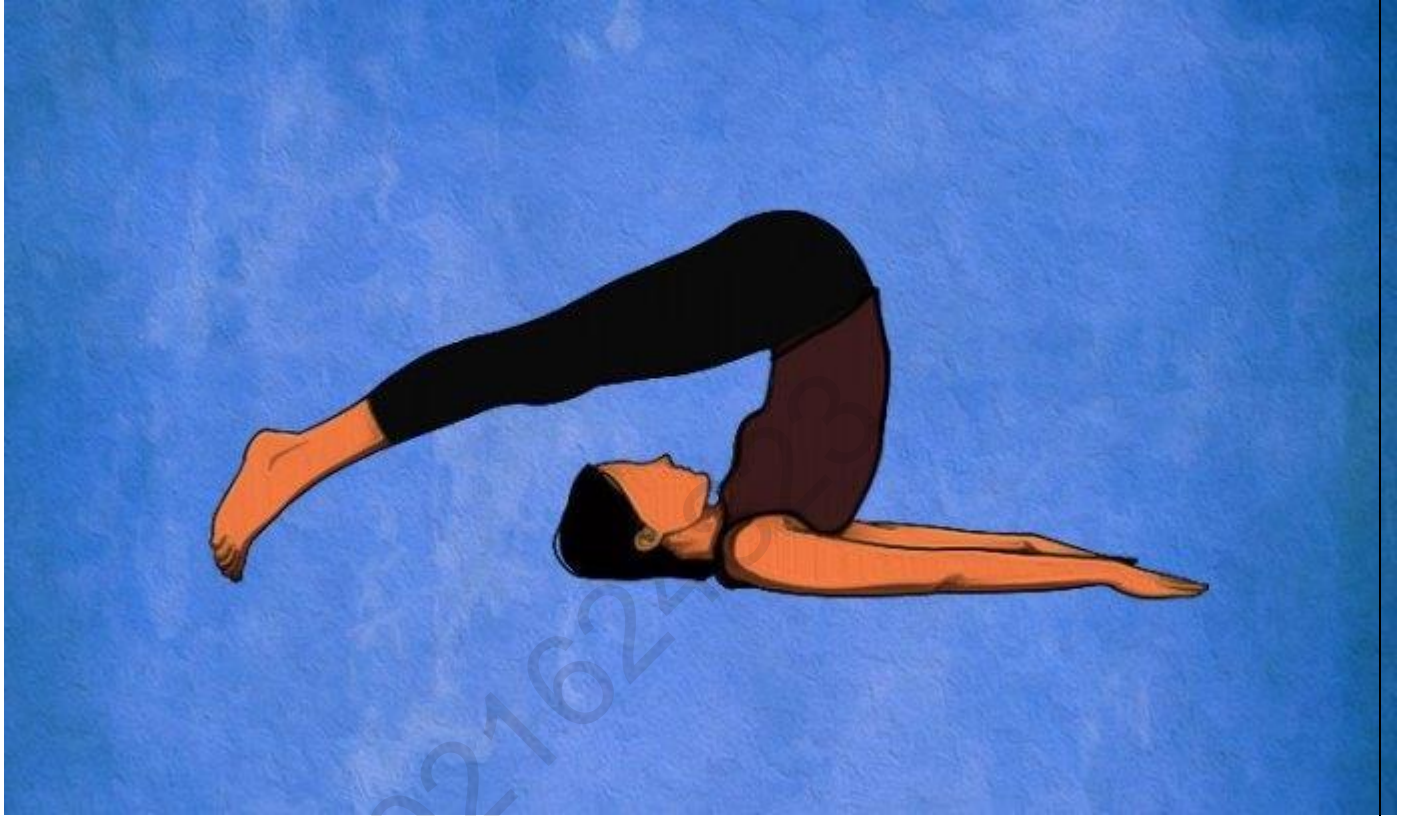
- Feel your tailbone lengthen. If you cannot reach your feet with the hands, use a strap looped around the feet and hold this instead.
- Gently ease into the forward bend, lengthening your front torso and keeping the head raised.
- Your elbows must bend out to your sides and lift up off the floor.
- If you're holding a strap then loosen your hold, move your hands forward and keep your arms long when you do this.
- Feel your lower belly graze your thighs, followed by your upper belly and then your ribs.
- Your head will touch your thighs last.
- Allow your front torso to rise and lengthen a little each time you breathe in. When you exhale, release more into the forward bend. Repeat this for 2-3 minutes.
- To exit the pose, lift your torso from your thighs gently and straighten your elbows.
- Breathe in as you raise your torso up, pulling your tailbone into the pelvis.

4. Padmasana Or Lotus Pose



- Sit on the ground on a mat with your legs stretched ahead of you and your spine erect.
- Bend your right leg at the knee, placing that leg onto your left thigh so that the soles of your feet point up and your heel is as close to your abdomen as you can manage.
- Bend your left leg at the knee, bringing it onto your right thigh in the same manner.
- Now put your hands into a mudra of your choice. Try the classic chin mudra where you bring the index finger and thumb together to form a circle, touching them together lightly, and extend the rest of your fingers straight. Ensure your spine is erect throughout.
- Inhale and exhale deeply with long breaths.

5. Halasana Or Plow Pose



- Lie down flat on your back with your arms by your sides, palms facing downward.
- Breathe in and use your abdominal/core muscles to raise your feet off the ground to a 90-degree angle.
- Breathe normally, supporting your hips as well as your back with your hands, raising them slowly off the floor too.
- Now sweep your legs over your head so that the toes touch the floor above your head.
- Your back should be vertical/perpendicular to the ground.

- Hold this for a few seconds, allowing your body to relax a little as you continue to breathe steadily.
- Exhale as you release the pose and return to your legs.

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