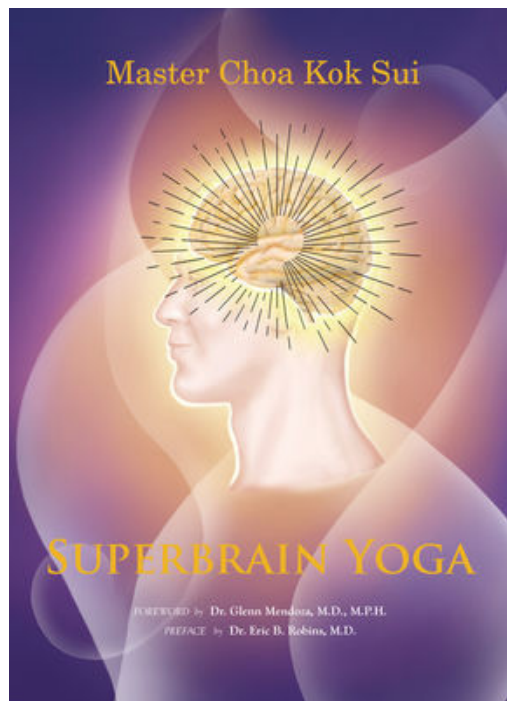


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Superbrain Yoga reveals an ancient Indian technique that maximizes the brain's function. Simple exercise for increasing brain power and harnessing the body's primordial energies to help improve memory and concentration, increase focus, and achieve mental clarity are outlined in an easy-to-follow manner to help you on your way to a better brain. These exercises are beneficial for both adults and children, and are especially recommended for those diagnosed with autism and ADD/ADHD.

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