



TOTAL BRAIN HEALTH FAIR STATION



YOGA: LET'S GET IT "OHM"

TBH Focus:

Body | *Move It*
Mind | *Sharpen Skills*
Spirit | *Keep Emotional Balance*

The TBH Science:

There's more to gain from yoga than a bendable body: It takes a great deal of mental focus to hold each pose, and sustaining focus is one key to being able to learn and remember on a daily basis. Yoga has also been shown to improve emotional health, which is important because low mood can have an impact on memory. One study, of patients with a serious type of irregular heart rate, found that yoga not only improved symptoms of their condition, it relieved depression and anxiety. Other research has found that practicing yoga appears to amp up brainpower directly. After 20 minutes of yoga, subjects did better on several measures of cognition than before they did yoga—and performed better than subjects who did 20 minutes of aerobic activity. Lastly, the mindfulness aspect of yoga—being “in the moment” and not allowing thoughts to stray to other things—actually increases grey matter in regions of the brain associated with learning and memory.

You Will Need:

- **An expert who is a trained yoga instructor**
- **An open area large enough for up to 15 people to move in a quiet location**
- **OPTIONAL: Mats, towels, or other yoga props, at the discretion of the instructor**

How It Works:

The expert instructor will lead participants through a simple yoga session.

Variations:

Up the Ante: Have the instructor teach the Sanskrit names of the poses; he or she should be able to gauge the abilities of the group and make the class more challenging if appropriate.

Make It Easier: Have the instructor slow the pace of the class and break down each pose into simple steps; provide chairs so that participants can take part in the class while seated.



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