Kleshas and the Brain

"Ignorance is the root of <u>ALL</u> suffering."

Unconscious Brain (Back Brain) Reasoning and logic. Savasana Conscious Brain (Top Brain) Sense of "I" individuality, "seat of the self", experience senses. Handstand

Medulla Oblongata (Brain Stem)

Regulates autonomic reflex system and critical reflexes Meditation, Savasana

> Where your attention goes, your energy grows!





Yoga Action to take.

Frontal Cortices, Consciousness (Front Brain) Subconscious, experiences of pleasure and pain. Pranayama

Hypothalamus (Base of the brain)

Regulates body functions of emotion: fear, rage, and pleasure functions. Meditation

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Learn techniques to relax and increase mental health in just 10 minutes. More at: www.universal-traininginstitute.teachable.com