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Your Brain On Yoga Harvard

When it comes to safeguarding your brain from the effects of depression and anxiety, yoga and meditation are key players.

This Is Your Brain on Yoga

Such minor forgetfulness is pretty normal, neuroscientist Lisa Genova told an audience of more than 750 people at a recent Zoom event, hosted by the Friends of the Hennepin County Library. Genova, a ...

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Worried about your forgetfulness? This Harvard-trained neuroscientist may put you at ease

medical editor of the Harvard Special Health Report An Introduction to Yoga. You may not even know your practice is causing incremental harm. Often we leave yoga class full of energy, which masks any ...

Is Your Yoga Practice Hurting Your Back?

Who would have thought that there is a complex dialogue between your ... yoga) recognizes that the seat of the mind, emotions, and nervous system resides in the gut. Because there is such a strong ...

What is your gut telling your brain?

Want better vision without having Lasik eye surgery? You might want to give eye yoga a try. ASHEVILLE, N.C. — After wearing

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glasses almost their whole lives, Virginia McKinley and Gwen Diehn both say ...

Want better vision? Eye yoga could help you ditch the glasses or contacts

If you've had a stressful week, there's nothing better than laying out a yoga mat and stretching your troubles away, and in the midst of a global health crisis, we're more stressed than ever. The ...

Workout: The 30-minute yoga flow to detox after a busy week

The other studies measured brain differences between individuals who regularly practice yoga and those who don't. Gothe explained that the more you exercise specific functions and regions of your ...

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Can Yoga Improve Memory?

When the body senses a threat or stressor, the nervous system elicits the fight-or-flight response, and the brain ... on your breath. Jones says to start by audibly inhaling through your nose and then ...

Stress Might Be Causing Chronic Inflammation in Your Body—Here's What You Can Do About It

Trauma can have damaging long-term effects, even on your physical health. Arm yourself with the science behind the sensations and therapies that can kickstart healing.

How Your Body Remembers Trauma

Picking up new habits can seem daunting. Why not try a few of these simply daily practices that can help greatly improve your mood and focus?

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5 Quick Daily Hacks For Your Mental Health

You finally tuck yourself into bed knowing you have a busy day tomorrow, but you can't seem to quiet your thoughts to doze off. You toss and turn, and the worry creeps in. Ugh, I'm going to be ...

Could Simply Observing Your Thoughts Be the Key to Beating Insomnia?

Given recent advances in brain imaging and neuroscience, we now know that the brain is affected by every experience, thought, emotion, and every second of stress. How much of ...

Research Backed Tips to Supercharge Your Morning Routine and the Rest of Your Life

Yoga on the Rocks is coming back to Red Rocks this June and July. Classes are at 7 a.m. each Saturday and Sunday morning starting on June 5 and running through Aug. 1. Tickets, which go

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on sale April ...

Yoga on the Rocks coming back this June, July

Nicola Down talks about age-related memory decline, brain fog and the science behind it. Keep scrolling for 10 practical ways to help slow memory loss and keep your brain sharp. There was once a time ...

10 ways to slow memory decline and clear brain fog

Cold showers induce a number of changes and reactions in the human body that are beneficial across physical, cognitive, and mental health.

What Happens to Your Body When You Take a Cold Shower, Says Science

However, there are still plenty of science-backed options available for the would-be brain hacker. So instead of getting

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sucked into a fake-meds black hole, discover the best ways to push your brain .

The Smart Guy's Guide to Brain Boosters

A brisk walk is good for your body but it will also bolster your ... about 45 to 60 minutes at least three times a week, yoga brings brain health benefits on a par with cardiovascular activity.

The workouts that boost the fitness of your brain

Your brain can also become weak as you age if you ... whether it's walking through your local park, taking a tai chi or yoga class or even just stretching every day for 10 minutes.

Keeping your brain strong and healthy

After weeks of Zoom, plus never-ending psets and papers, your brain deserves a break ... Throw on something vaguely Harvard-related (maybe a Legally Blonde moment). Watch three seasons

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of the ...

How To: Enjoy An Indoor Wellness Day

Spanking may negatively impact children's brain development in ways similar to more severe forms of violence and abuse, a study published by Harvard researchers earlier this month found.

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