Hi, this is Dr. Susanne Bennett, author of the #1 international best seller - Mighty Mito - Power up your mitochondria for boundless energy, laser sharp mental focus and a powerful vibrant body.

Today I am going to teach you an exercise I learned from Master Choa Kok Sui, the foremost authority on pranic healing, and it’s called Super Brain Yoga.

If you’ve read my Mighty Mito book, you found out that 5 years ago I had a terrible traumatic brain and neck injury, which sparked me to dig deeper to heal brain and body. And from my research, I discovered that the root to healing all chronic illnesses and diseases is in the mighty mito.

The secret to living a healthy vibrant life is in the mitochondria, the powerhouses of your cells.

The stronger and healthier your mitochondria, the more optimal healing will occur and each cell and organ will live longer with power and vitality.

The key to any type of healing is in the mighty mitos. Whether you had a traumatic brain injury like I did, or injured your knee playing tennis, whether you have an infection in your sinuses, or have a migraine headache.

**All pain, inflammation, allergy, chronic illnesses and diseases are linked to your mitochondria.**

I use Super Brain Yoga to power up my BRAIN mitochondria.

It provides the energy fuel that keeps your brain fit and physiologically optimal.
Studies show that with regular use, you can improve your energy, focus, and memory, and young people found that it improves their academic and behavioral performances.

**Let’s go through each step together.**

1. Master Choa recommends most people to Face East (North for the elderly), during the entire exercise. But if you don’t know your directions, don’t worry about it.

2. Connect your tongue to the roof of your mouth, the palate. This connects 2 important acupuncture energy channels called the conception and governing channels.

3. Spread your feet, shoulder width apart

4. Cross your left arm across chest and grab right earlobe with your left thumb in the front of the earlobe and the left index finger in the back of the earlobe...

   **When you squeeze the right earlobe gently, you are energizing and activating the left side of the brain and the pituitary gland.**

5. Cross your right arm over the left arm and grab the left ear with thumb on the outside of the ear and index finger on the back....

   **Squeezing the left ear activates and energizes the right side of the brain and the pineal gland.**

6. Next, inhale through you nose as you squat down as far as you can, then exhale out through your nose as you stand up.

   **The squatting and breathing is key to activating your endocrine system gathering energy from the root chakra up to you brain.**

7. Do this 7 times, and if you feel you can do more, then repeat it in multiples of 7, so add another 7- to 14 times. Or 21, 28, etc... up to 49 times at one time.
8. If you can’t go down all the way, you can also do the SuperBrain Yoga in semi-squatting, and then work up into a deeper squat as you get better.

9. The key is to inhale simultaneously when squatting and exhale simultaneously when standing up.

10. Ladies, don’t do the Super Brain Yoga, 2 days before, during and 2 days after menstruation.

11. You can practice the SuperBrain Yoga daily, and 2-3x per day. It will energize you body and reduce your stress and brain fog.

When done properly, this exercise will activate your endocrine system and brain mitochondria…and you will improve your focusing ability, memory and stamina.

**That’s the Super Brain Yoga!**

If you want to learn more about mitochondrial health, and have not read my Mighty Mito book yet, there is a link below where you can order the book and also get 2 gifts from me, my Body Balancing Technique video and 10 Ways to power up your Mighty Mitos pdf.

If you already have my book, I am going to ask you for a big favor! Can you help me by going to Amazon and providing an honest review?

I would love to hear your thoughts!

I hope you are powering up your mighty mitos today, so you can have more energy and enthusiasm for ultimate health and wellness!

This is Dr. Susanne, have an awesome day!

*Dr. Susanne*