

## Yoga Week 21: Yoga for Brain Fog Workshop

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Symptoms of brain fog include forgetfulness, inability to focus on work, confusion, distraction, not able to organize thoughts and feeling mentally tired.

Sometimes you just need a quiet and peaceful space to clear the clouds from your head.

“Brain fog” may not be related to your brain... Feeling foggy may have to do with other factors such as stress, sleep, health, food sensitivities, hormones etc.

### HELPFUL TIPS FOR MANAGING BRAIN FOG:

#### Amazing Food

**Antioxidant Rich Foods** – Berries, green tea, dark chocolate, superfoods like goji berries and mulberries.

**Healthy Fats & Protein** – avocados, olive oil, eggs, nuts.

**Good For Your Gut Bacteria** – yogurt, & basically anything fermented.  
They say *“your gut is your second brain”* & *“Let food be thy medicine”*

#### Healthy Movement

Stretching, moving, and any form of exercise can prevent against neurodegeneration, which leads to cognitive risks because movement affects not only our muscles but our neurological system including our brain. Our brain is powered on when our bodies are activated

#### Less Phone Time

When we're on our phones, we tend to lose track of time and get swept away by many distractions, causing us to focus less on ourselves and the present moment. A sore neck, clenched jaw, and head leaning forward at a screen inhibits blood flow to the brain, leading us to feel a little fuzzy and “out of it”.

#### Breathwork

**Sitting In Lotus Position** - Lotus pose is one of the most secure sets for meditation. If you can't manage both feet resting on opposite thighs, try a modified lotus with just one foot on top of one thigh and the other on the floor Lotus pose is one of most secure seats for meditation

Meditation calms and clears the mind and is proven to bring an abundance of brain-enhancing benefits such as: increasing gray matter in the frontal cortex, which improves decision making and working memory.

**Breathing exercise:** Inhaling your breath for 7 seconds, holding in for 2 seconds, releasing and exhaling for 5 seconds repeat 5 times.

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### SUN SALUTATIONS

Salute to the sun is the classic series of yoga movement that wakes up your mind and body. It includes several poses that boost circulation to the brain, require careful attention to the sequence of moves, and challenge balance and muscle strength, improving concentration, and confidence.

Sun salutations also work your memory and mental flexibility. Try this one any time during the day whether it's in the morning, mid-day, or evening.

#### **Inhale - Mountain Pose**

Standing tall and proud, chin facing forward and gaze looking slightly above your eye level, inhale and sweep your arms up over your head.

#### **Exhale - Forward Fold - Big Toe Grab**

Improves blood flow to the brain, circulation.

Helps tight muscles in the back, lengthening the spine.

1. Stand upright with feet parallel. Exhale and bend forward from your hips.
2. Reach your big toes with the index and middle fingers of each hand and wrap those fingers around your toes, pressing the big toes strongly into the ground.
3. Inhale. Lift and lengthen your torso; exhale and lift your butt.
4. Focus on relaxing your muscles to increase the stretch.
5. Repeat for two or three breaths and then exhale, grip your toes tightly, bend your elbows, and lower your forehead to your shins in a forward bend.

Inhale and lift back to tabletop position, keeping legs upright and straight.

Exhale and jump your legs back to a high plank, then lowering elbows down so belly is on the ground.

#### **Inhale-Sphinx**

Sharpens mind and improves memory as it releases tension in the shoulders, back, and hips. Refreshes flow of energy.

1. Lie face-down on your mat, legs together and long, and think of pressing your outer thighs toward the mat to open and protect your lower back.
2. Keep your feet and the fronts of your thighs on the ground as you reach your toes behind you to increase your extension.
3. Place your elbows under your shoulders and feel your parallel forearms grounded on the ground to support you.
4. Inhale and lift your head and upper torso into an easy back bend. Stay on your forearms. Don't push all the way up to straighten your elbows and don't arch your back.
5. Scoop your belly to engage your core without tightening your glutes.
6. Look straight ahead and soften your focus but keep your head up just enough to feel the stretch in your upper back and shoulders.
7. Breathe evenly for at least 30 seconds before releasing the pose on a long slow exhale.

**Exhale - Downward dog**

Lengthens hamstrings and stretches calves.

The lowered head position promotes increased blood flow to your brain.

Brain is activated as you use your memory to keep track of each move and pose in the sequence.

Inhale and lift back to tabletop position, keeping legs upright and straight.

**Exhale- Forward Fold - Big Toe Grab****Inhale - Mountain Pose.**

Repeat this circle of sun salutation as many times as you feel fits into your day!

“The soul always knows what to do to heal itself. The challenge is to silence the mind.”

– Caroline Myss

