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MemoriesThe use of yoga to improve memory was a well-established idea in the ancient times. A few neurologists later, researches start to prove the link between yoga and memory as well. Recent studies report that some yoga postures can help improve memory. If you are eager to know more about the postures, please keep reading Introduction Every individual has an ability to remember, or to forget. But, some people remember vividly and other forget easily. This ability, called memory, can be enhanced by practising certain yogic exercises. It is evident that yoga has become more popular in recent times. People nowadays are constantly on the move. In this modern world, they find it difficult to enjoy the peace and quietness they had in the past. In modern society, stress and violence are increasing at an alarming rate. Yoga is a kind of relaxation technique that can be used to help reduce stress and restore peace. People nowadays, even in the West, believe that the mind and body can be separated from each other. But, doctors have disproved this theory. It has been established that the body and the mind are linked to each other. A healthy body has a healthy mind. In other words, Yoga helps improve the mental and physical health of people. Background of the idea In ancient times, the yoga was known to have existed in India, and especially in the Himalayan region. But, there are no records of the practice of yoga in Ancient Greece or in Europe. It was only in the West that the health conscious people started to practice yoga. Until recent times, people had limited access to yoga classes. They were not interested in the health benefits of yoga. But, in the last few decades, the Western world has undergone a major transformation. As a result of this, the mind and body are being linked again. People now know that physical activities like yoga can assist in keeping fit and healthy. How yoga can improve memory? When you read the title of this article, you might wonder, "Does yoga really enhance memory?". The answer is, "Yes, it can." In fact, you might be interested to know about the way by which yoga can improve memory. This article will provide you with information about how yoga can improve memory. The yoga postures that are capable of improving memory include the simple asana, breath control, and meditation. The simple asana can improve memory. In the post-modern world, we encounter stress-related problems, including memory problems. Stress can make you forget things. Or it can even make you f988f36e3a

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