



## Your Mind on Meditation and Yoga Scientific tidbits to motivate you to meditate

- Meditation increases activity in the brain regions used for paying attention and making decisions.
- Studies of Buddhist monks show that experienced meditators have more activity in the left pre-frontal cortex - the area of the brain associated with positive emotions.
- Yoga helps tone the para-sympathetic nervous system - the “rest and digest” portion of our nervous system, and tame the “fight or flight” response.
- Researchers at Harvard Medical School have shown increases in GABA, (an inhibitory neurotransmitter) in meditators. Low levels of GABA are associated with depression and anxiety disorders.
- Mindfulness and yoga increase interoceptive awareness (the sense of what is going on in one’s body).
- Different breathing techniques used in yoga and meditation can help you increase or calm your energy, depending on your needs.
- Yoga and meditation have been shown to increase melatonin, helping regulate circadian rhythms, sleep and mood.
- Yoga has been shown to reduce cortisol, a key hormone in the stress response which increases blood pressure, blood sugar, and suppresses the immune system.
- Yoga and meditation increase alpha brain waves. Alpha brain waves are associated with relaxation and creativity.
- Yoga and meditation facilitate neuroplasticity, the brains ability to change structurally in response to experience.
- Through yoga and meditation, individuals can moderate bad habits, and tame obsessive thoughts and compulsive behaviors.

“neurons that fire together, wire together” - *Hebb’s Axiom*

**We wish you twenty minutes of mindfulness every day!**