



# SYNCHRONIZE THE MIND-BODY SYSTEM



## BUILD A RESILIENT MIND & HIGH PERFORMING BRAIN

A sharp, well-balanced, and healthy brain is your most valuable asset. This activity blends gentle movement with synchronized breathing and focused intention, strengthening neural pathways and fostering whole-brain coherence.

Scientific research shows that the brain can only focus for about 90 minutes before fatigue sets in. Incorporating regular movement breaks during meetings helps reset the brain, realign brain regions, enhance mental clarity, boost engagement, and relieve neck and shoulder tension, counteracting the effects of prolonged sitting.



## ENHANCE EXECUTIVE FUNCTION

This activity stimulates the release of Brain-Derived Neurotrophic Factor (BDNF), a protein that helps repair and strengthen brain cells, promoting greater brain resilience. It also improves decision-making by stimulating spinal fluid flow, enhances blood circulation and oxygen supply to the brain, and activates the corpus callosum, which connects both hemispheres of the brain.



## QUIET THE THINKING MIND THROUGH SYNCHRONIZED BREATHING

Throughout the day, many of us breathe shallowly, often in a stressed and hurried manner. Combined with hours of sitting in a hunched position, this compresses the diaphragm, disrupting optimal respiratory function and hindering proper oxygenation.

Coherent breathing, one of the most effective techniques, synchronizes breathing patterns especially when it is combined with gentle, mindful movements. This reduces stress, enhances mental clarity, and optimizes brain oxygenation and cardiovascular function, helping to address various health imbalances. When we fail to ensure proper oxygen circulation to the brain, it negatively impacts our state of mind and can lead to health issues.

## BREATHING TECHNIQUE

- Involves a continuous, rhythmic flow of 10 cycles, with 5 seconds of inhalation followed by 5 seconds of exhalation without interruption.
- Achieves ideal Heart Rate Coherence. It aligns with the body's natural rhythms, harmonizing the autonomic nervous system.