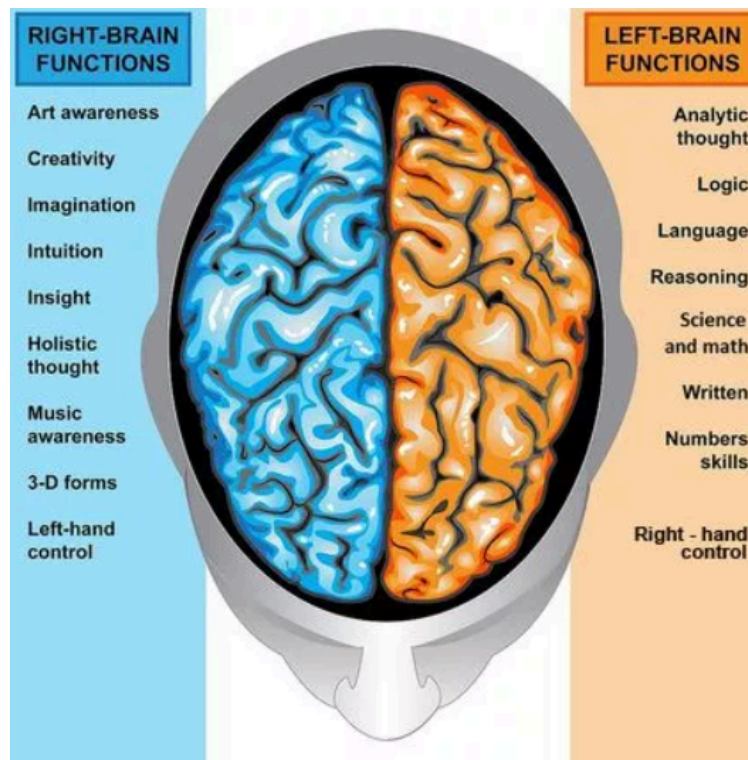


Left and Right Hemispheres Of Your Brain



The left hemisphere of the brain is generally responsible for control of the right side of the body, This is due to the crossing over of neural pathways in the brainstem, a phenomenon known as contralateral control. So, if there's any disruption or damage to a particular hemisphere of the brain, it may affect the opposite side of the body. The left hemisphere is also the more **academic and logical side of the brain.**

left side of the brain is responsible for:

- Analytical thoughts
- Logic
- Language
- Reasoning
- Science and Math Processing
- Writing ability
- Numerical skills
- Right-hand control

The right hemisphere of the cerebrum is responsible for control of the left side of the body, and is the **more artistic and creative side of the brain**. The right side of the brain is responsible for:

- Art awareness
- Creative thinking
- Imagination
- Intuition
- Insight
- Holistic thoughts
- Musical awareness
- Interpretation of 3D forms
- Left-hand control

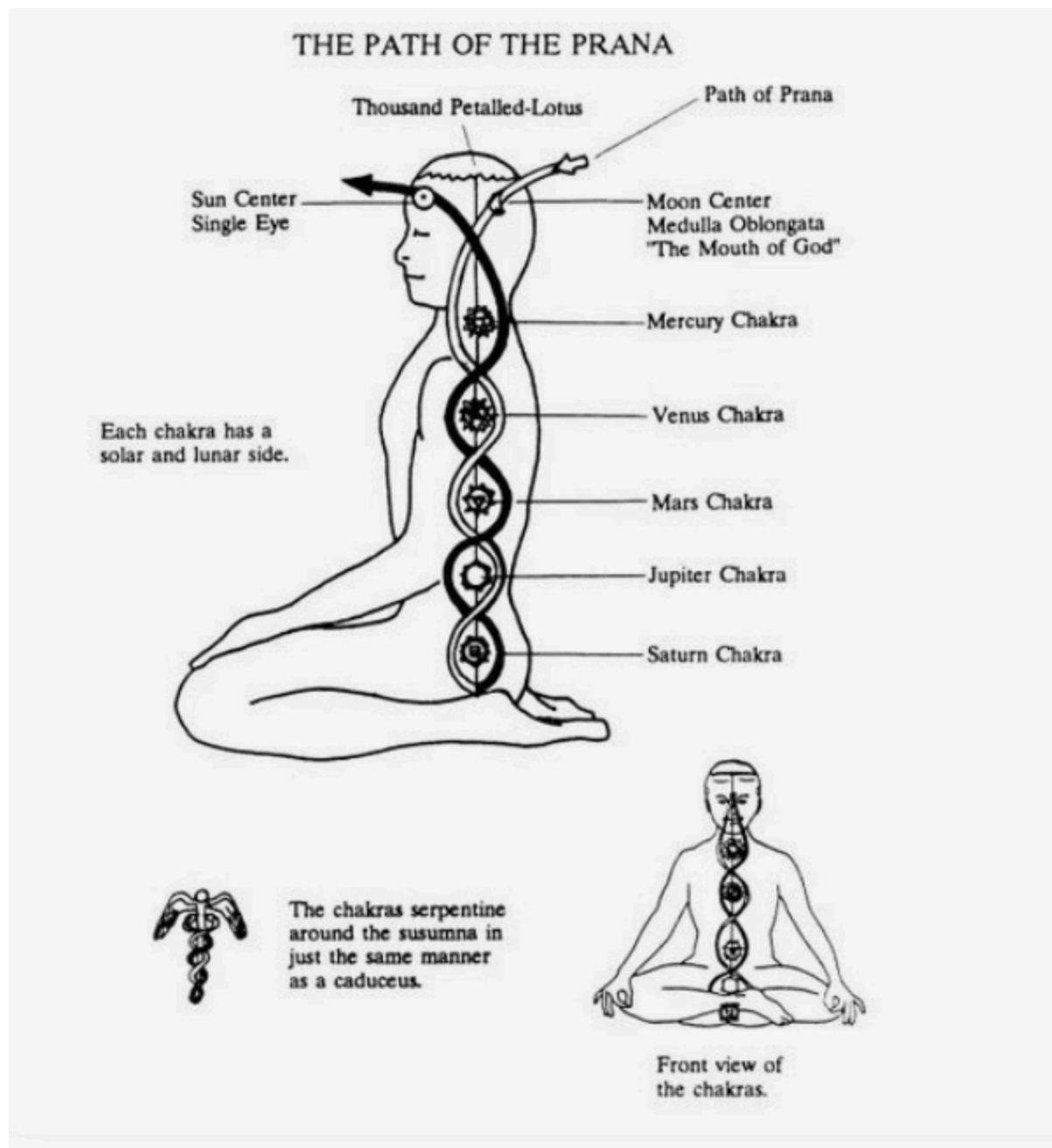
This also relates to what we call our **Masculine and Feminine Divine Energies** (which we learn in our MindHealth Programme Day 21). Understanding how to balance these aspects of ourselves can greatly support us in knowing *when and how to let go*.

Yoga teaches us to take full responsibility for ourselves. It teaches us about our Feminine energy, “how to be” and gives expression to our needs. The masculine energy within us helps us to lead ourselves and take action. We need both sides in flow to operate in harmony, otherwise we will experience burnout if we are always in our masculine, the mode of action, organising, logic, doing, and analysing. Too much of that energy stops us from being able to let go, have fun, be with our emotional side, and express ourselves fully and authentically.

The 1st breathing practice we are learning in this class is **Tummy Breathing (Diaphragm Breathing)**. This is the most nourishing breath we can offer our body. When we panic or cry, our breath is short, choppy and ineffective, the breath is high in our chest, our shoulders become tense, pressure builds in our head, and we cannot breathe comfortably.

Diaphragmic breathing teaches you to drop your breath into your tummy and round it like a big balloon on your in-breath. Use the full expression of your breath and respiratory system. Then on your out breath draw the navel all the way back to the spine, as far as it will go until you activate your tummy muscles and **utilise the diaphragm** more effectively.

When we breathe into our belly, we are fully utilising and strengthening our respiratory system; **the heart, lungs and oxygenating our blood**, which support our health, reduce stress levels and balance hormones. It also helps in the digestive process, carrying nutrients more effectively around the body. and supports the natural flow of **PRANA**, **also** known as QUI or CHI, which is your **"vital life force"**.



Analoma Viloma is also known as **alternate nostril breathing** exercise that helps improve sleep, anxiety, stress, lower blood pressure, calms the nerves and nervous system, helps with congestion and hay fever, and restores balance to the right and left hemisphere of the brain, improving cognitive performance and energetic balance.