

NEUROSCIENCE RESEARCH

- Pause (breath control) enhances the whole brain and heart
Heart Math Neurophysiologist
Fried, Robert– Psychology and Physiology of Breathing
- Music enhances the right brain especially the right temporal lobe
as well as enhancing relationships and emotional intelligence
Joseph R. Ph.D., Right Brain
- Movement enhances both left and right brain and also enhances
subcortical brain function of the inner brain
Kandel, Eric MD, Principles of Neuronal Science
Hannafor, Carle PhD, Smart Moves
