

# Wisdom Art: Mind, Body, Spirit

As cell phones, TVs, tablets, laptops, and social media absorb our attention and distract us from being fully present in our day-to-day lives.

Constantly being bombarded by stimuli around us can make concentrating feel like an impossible task. Yet being mindful is key to living in the present moment, and presence is key to concentration and staying focused.

Thankfully, yoga can help. Bringing our awareness to the present moment and focusing our attention on our breath, the movement, and challenging poses will in turn improve our concentration.



## How Yoga Can Help Improve Concentration

Yoga is all about linking breath with motion and becoming fully present in mind and body. The practice itself is centered on concentration – focus on the breath, the alignment, and the movement. By focusing your gaze on one spot, you can internally find equilibrium. [www.yogiapproved.com](http://www.yogiapproved.com)



## What are the experts saying?

In a recent study published by the National Journal of Physiology, Pharmacy and Pharmacology, they found that after practicing yoga there was a significant improvement in attention, concentration, and memory. These changes may be due to personality development, higher concentration, and reduction of distraction thoughts (mind wandering) due to yoga training. Participants were

trained to practice yoga technique for 12 weeks, and their attention, concentration, and memory were assessed using Postgraduate Institute memory scale before and after intervention at *Annapoorana Medical College, Salem, Tamil Nadu, India*. Results: The results showed statistically significant improvement in attention, concentration, and memory of yoga group ( $P < 0.001$ ) when compared with the control group. <http://njppp.com>

"It appears that following yoga practice, the participants were better able to focus their mental resources, process information quickly, more accurately and also learn, hold and update pieces of information more effectively," Gothe said. "The breathing and meditative exercises aim at calming the mind and body and keeping distracting thoughts away while you focus on your body, posture or breath. Maybe these processes translate beyond yoga practice when you try to perform mental tasks or day-to-day activities."

Balancing postures in particular are a great way to improve concentration. Balancing poses quite literally force us to concentrate on the present moment and the task at hand. With so many factors that could physically and metaphorically make us fall during balances, we are forced to become present, concentrate, and focus on these points to maintain our balance.