

Shuddhi

Optimal mental and physical performance comes from a clean body and mind. Yogis in ancient India discovered that shuddhi, or cleansing is crucial to developing a good meditative practice. Over the course of this video, I'll explain principles of shuddhi validated by physiology, neuroscience, psychology, and personal experience.

References and further reading:

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- Rauss, K., & Pourtois, G. (2013). What is bottom-up and what is top-down in predictive coding?. *Frontiers in psychology*, 4, 276.
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Glossary

Ashwagandha

Parkinson's Disease

Psychotherapy

Raja Yoga

Shuddhi

Adenosine

Niyama

Meditation Videos



P04 – Kapalbhathi (Breath of Fire)