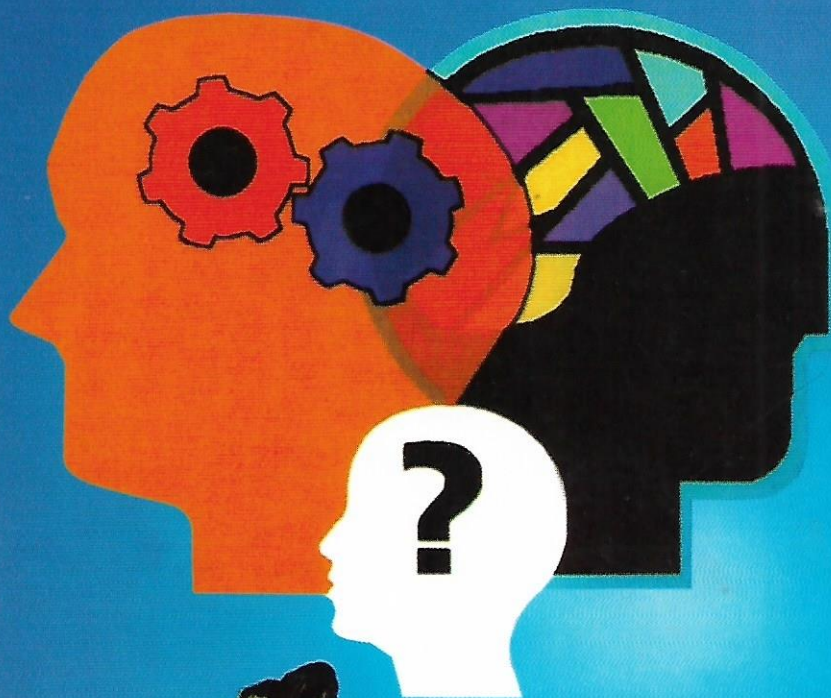


# YOGA & MEMORY

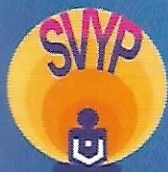


## YOGA THE KEY

....to open and expand your Memory Bank

Dr. H R NAGENDRA

Dr. SHIRLEY TELLES

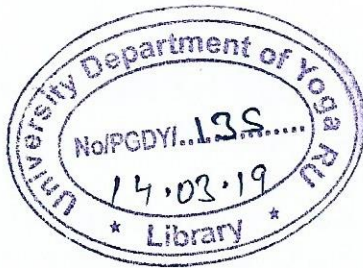


SWAMI VIVEKANANDA YOGA PRAKASHANA  
BANGALORE

प्रज्ञानां ब्रह्म

# **YOGA AND MEMORY**

Dr H R NAGENDRA  
Dr SHIRLEY TELLES



**Swami Vivekananda Yoga Prakashana**  
Bangalore, India

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# YOGA & MEMORY

Which type of Information do you remember?



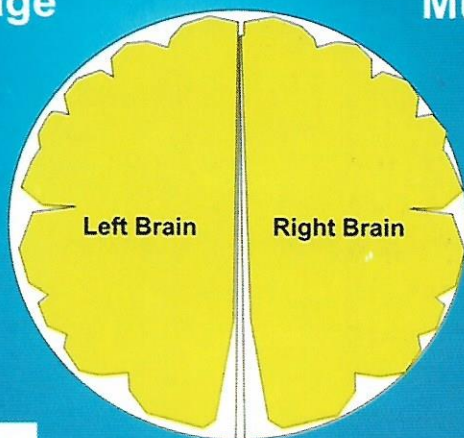
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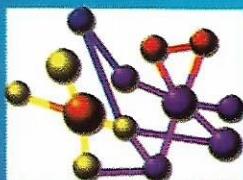
Music



Numbers



Art



Scientific



Aesthetic

SVVP-Yoga & Memory MRP 50



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