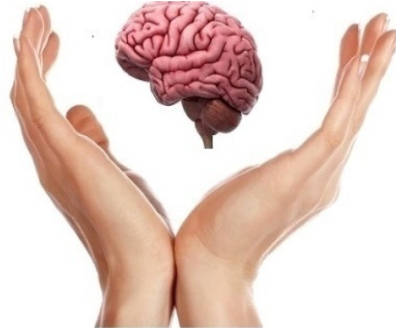


CogniLingua Institute of Linguistics, Rhetorical Studies and Research

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Buddhi Yoga - Cognitive Yoga for the **Health and Fitness of Your Brain!** **Guard your brain against cognitive degeneration and Alzheimer's.**

You know about Yoga and its benefits. Now it's time you know about **"Buddhi Yoga" – Cognitive Yoga for Your Brain.** **It will guard you against Alzheimer's.**

We wish to draw your urgent attention to the health and fitness of **YOUR BRAIN**. Be awakened the need to take special care of your brain. Nothing is more important than your brain. Simply put, don't take chances with your brain's health!

If recently you have begun to notice that you have trouble remembering names of people or things around you, or you have difficulty finding your words; it could be the result of normal aging or it could be a condition called MCI – Mild Cognitive Impairment. This could be happening to your loved ones.

As we grow old there is age-induced cognitive degeneration/impairment which could lead to the perils of Dementia. Alzheimer's is rising worldwide and alarmingly in India. You know how worse life could be in Alzheimer's. There is disappointing news about the failure of drugs tested by Roche to halt cognitive decline due to Alzheimer's. It has become a devastating peril of our times.

And here we have good news for you.

We have founded CongiLingua to offer the benefits of research in the field of linguistics, psychology and neuroscience. You will find it as a blessing in the evening of your life. Utilising our knowledge of Cognitive Psychologist and Cognitive Linguist we offer a unique program we call **"Buddhi Yoga" – Cognitive Yoga for the Brain.**

We invite you to join this program and acquire the cognitive genius of great *Buddhiyogies* such as **Yogi Sri Aurobindo, Swami Ranganathananda, Tagore, Dr. Radhakrishnan, and Nani Palkhivala.** They kept developing their cognitive potential till their end. Cognitive optimization is possible during childhood and adulthood.

Receive a detailed brochure of this absolutely extraordinary, illuminating program. You will be delighted to have discovered our CogniLingua. Keep building and expanding your cognitive infrastructure.



Buddhi Yoga

**- Cognitive Yoga for the
Health and Fitness of Your Brain!
Guard your brain against cognitive
degeneration and Alzheimer's.**

'Buddhi' means brain, intelligence, genius. Buddhi Yoga aims at sharpening your brain.

YOU are what Your BRAIN is!

While you inevitably grow old, it is utmost important to take special care of your brain's health and fitness. Learn to protect your brain from age-induced cognitive degeneration; and grow old safely, happily and gracefully! Sharpen cognitive abilities of your brain!

Our memories of the past, our dreams for the future, our ability to recall, reason and think... it's all in that three-pound organ between our ears – our brain.

That we grow old is a fact of life. Modern medical science gives us long life but what matters most is not just longevity but quality, dignity and grace. Sunset too could be graceful. A brain that is cognitively fit and fine, youthful, robustly creative is a great blessing. As we grow old we need to be alerted to take special care of our brain. Some people ignore it at their peril. Our brain is all that what we are.

Nothing could be of more urgent a priority than caring the health and cognitive fitness of our brain.

You know the horrors of **Alzheimer's disease**. Nothing could be worse than memory loss. Alzheimer's disease robs its victims of their very humanity and terrorizes their families. Their memories, their capacity for thought, their ability to live full and independent lives-all gone, in a grim and unrelenting descent into a mental abyss where they no longer know their loved ones, their past, the world, or themselves. As Harvard Health Review recently warned, worldwide Alzheimer's is rising. More and more cases of Alzheimer's are found in India.

As we get old we inevitably face cognitive degeneration/impairment. Research has shown that Mild Cognitive Impairment could be effectively reversed and managed. The key is to focus on the brain's health and fitness.

CongLingua Institute of Linguistics, Rhetorical Studies and Research offers a unique program **Buddhi Yoga** to strengthen your brain's cognitive abilities. This program is based on cognitive neuroscience, cognitive psychology and cognitive linguistics; and also some profound insights from our cognitive neuroscience research. It builds your brain's cognitive reserves and regeneration. It trains you to systematically keep challenging your brain through creative engagement with some of the finest minds of recent times. These great geniuses remained sharp and creative while they grew old. They had amazing cognitive fitness.

This first of its kind program keeps your brain sharp and creative. This profoundly research-based program accesses latest research in brain sciences. The driving insight came from our deep engagement with the life and work of some of the finest minds India produced in recent times. We have a luminous galaxy of them in India. Our critical study explored how some geniuses like Mahayogi Sri Aurobindo, Swami Ranganathananda, Tagore, Dr. Radhakrishnan, Nani Palkhivala, Justice Chagla, Homi Seervai, Justice V. R. Krishna Aiyer and others could remain so creative and razor sharp in their old age. We call them "**Buddhi Yogies**" who pursued *pradnya* – genius. Their quest for developing their genius is ever inspiring. This program is based on such critical insights making it first of its kind cognitive program for brain's health.

Your brain, as the latest research neuroscience confirms, constantly evolves and you can exploit its power to acquire new cognitive abilities, resilience, reserves and power. The key is to provide constant stimuli to your brain to expand its cognitive potential. Doing repetitive, process-oriented work does not essentially lead to challenging your brain and expansion of cognitive capabilities (cognitive abilities).

Let us take a corollary from economics. You cannot separate GDP from infrastructure. Expanding infrastructure ensures expanding GDP. Better infrastructure leads to more GDP and it goes on. For better intellectual output one needs "cognitive infrastructure" in terms of language, reasoning, memory, creativity, etc. Every organisation's growth depends upon the cognitive infrastructure and not solely on physical infrastructure. The key is to keep building and expanding the cognitive infrastructure of YOUR BRAIN! Cognition is the basic function of your brain.

Study this Buddhi Yoga with great **Buddhiyogies** and acquire their cognitive abilities and genius.

In many of our interactions with Nani Palkhivala he shared some secrets of his scintillating genius. These great minds like Palkhivala were sharp and creative and a force to reckon with even as they grew old. The secret was that they kept challenging their brains in various creative ways. They achieved continual cognitive regeneration.



You will undertake a deeply engaging linguistic and rhetorical study of these geniuses. You will interact with the minds of Mahayogi Sri Aurobindo, Swami Ranganathananda, Tagore, Dr. Sarvepalli Radhakrishnan and India's great legal luminary Nani Palkhivala. Studying their scintillating life and work will be a sublime experience. You will treasure this profound cognitive engagement with these great cognitive giants of our times.

Buddhi Yoga is first of its kind, absolutely extraordinary program that contributes substantially to securing cognitive health and fitness of your brain. Aging is inevitable but aging gracefully with cognitive fitness is vital. This program makes it possible. Your participation in this program will be a vital investment of enduring value. Come, challenge your brain creatively for sharpening its cognitive health and fitness. This requires a special stimulation for your brain and that is what this extraordinary program exactly does for your brain to expand its cognitive potential. One can get Nobel Prize even at the age of 90 like Leonid Hurwicz.

This program gives you a direct access to the cognitive infrastructure of these great **Buddhiyogies** and you will actually acquire some of their cognitive abilities (cognitive abilities). You even network with their vast cognition and take it ahead. You will learn about latest research in neuroscience (neuroplasticity, etc), cognitive psychology and cognitive linguistics; and how to challenge your brain creatively. As this unique program requires our very deep personal engagement we can offer it to a few people. We shall be happy to offer it to you Institute to protect your brain from cognitive degeneration while you grow old.

You are welcome!

Receive a FREE digital program brochure today. Call Prakash Almeida, Founder and Director on 8600178825 or send your request to: Cognilingua@gmail.com