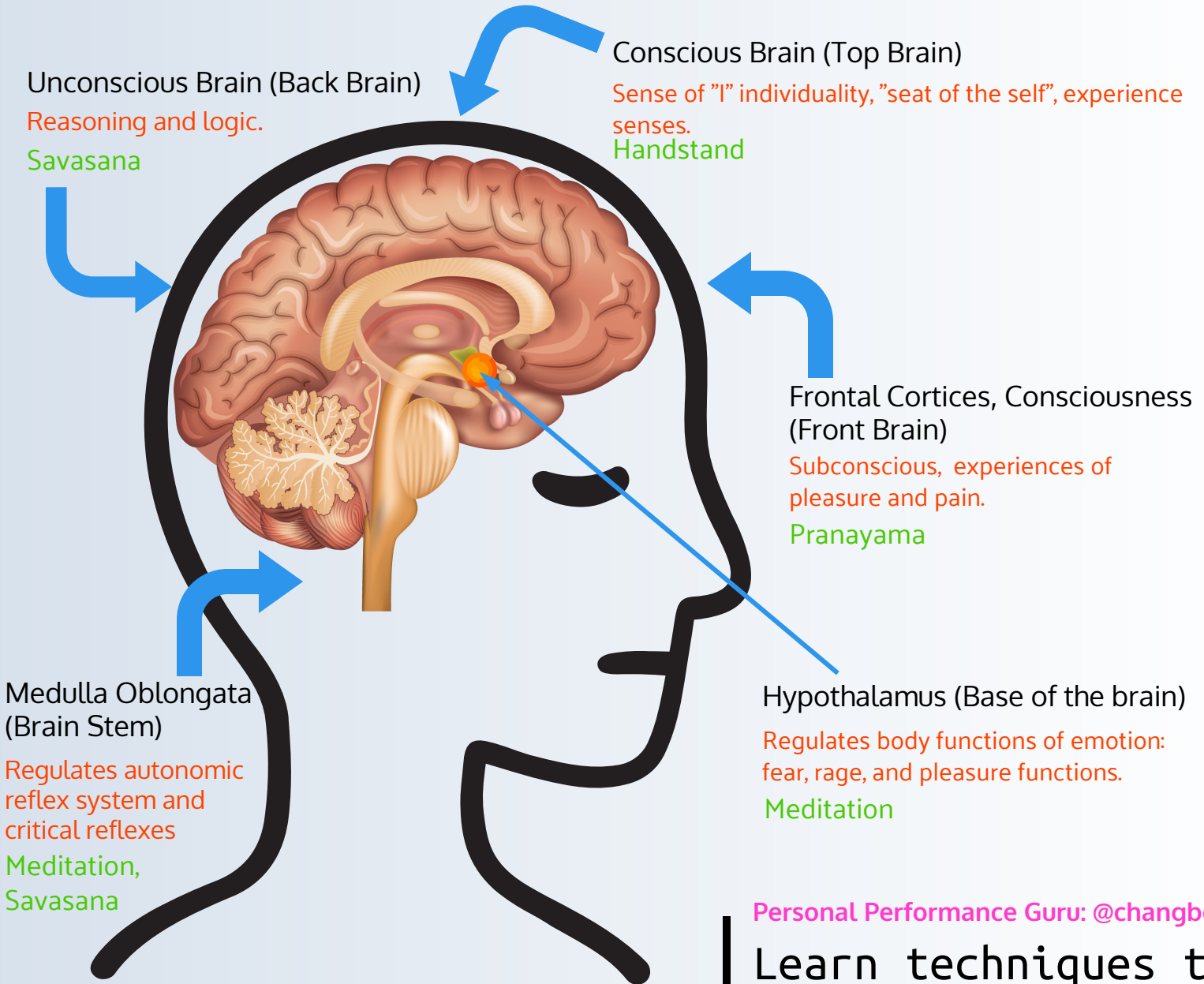


Kleshas and the Brain

"Ignorance is the root of ALL suffering."



Where your attention goes, your energy grows!

- Region of the Brain.
- Klesha (Affliction).
- Yoga Action to take.

Personal Performance Guru: @changbell

Learn techniques to relax and increase mental health in just 10 minutes.

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