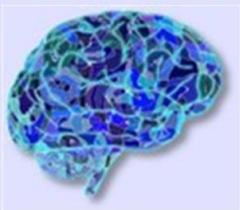


NeuroYoga.Zone™ News

Transform the tyranny of stress to tranquility!™



June 9, 2019



[A Child's Brain Develops Faster with Exposure to Music Education](#)

A two-year [study by researchers at the Brain and Creativity Institute \(BCI\)](#) at the University of Southern California shows that [exposure to music and music instruction accelerates the brain development of young children](#) in the areas responsible for language development, sound, reading skill and speech perception.



[Can Music Heal Trauma? Exploring the Therapeutic Powers of Sound](#)

An increasing number of [music therapists are now treating people touched by traumas](#) both big and small, highlighting humanity's deepest connections with music in the process.



[People-Pleasing Can Be a Result of Trauma. It's Called 'Fawning' — Here's How to Recognize It.](#)

Most people know about fight, flight, and freeze — but another trauma response, “fawn,” is at **the core of what people-pleasing is actually about.**



Several of the popular *NeuroYoga.Zone™* programs will be available as self-paced on-line classes very soon.



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