EFFECT OF SMET PRACTICE (CM) AND SUPINE REST (SR) ON MEMORY SCORES AND STATE ANXIETY REVEALS THAT PERFORMANCE IN ATTENTION AND MEMORY TASKS WAS MORE IN SMET PRACTICE (CM) THAN AN EQUAL AMOUNT OF TIME IN SR.

Reference

REFERENCES


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RESEARCH AT A GLANCE

AN INVESTMENT FOR PROGRESSIVE EXECUTIVES

SMET 24% 35 MIN 6 HRS

DEEP SLEEP 9%

SOURCE: SMET MODULE, S-VYASA UNIVERSITY

“SMET HELPS TO PROGRESS IN TUNE WITH NATURE”
-Nagendra and Nagarathna