Power Pranayama

Discover the healing potential of your breath

Includes free DVD

Foreword by Kiran Bedi, Ph.D.

About the Book

Pranayama is in vogue today but few are really aware of its subtle yet profound effects on the mind. Pranayama involves much more than a few breathing exercises; it is a holistic experience that encompasses the body and the mind. The book explains in simple terms:

— How to identify and correct our faulty patterns of breathing
— How to practice pranayama with understanding and safety
— Logical explanations for various aspects of Pranayama -
  • why one nostril is usually more open than the other and what are its implications on our mindset and diseases
  • how Kapalbhati can offer peace of mind
  • how the vibrations of chanting soothe the mind and heal the body
— How pranayama creates the interface to connect with the mind
— How to program our mind towards self-empowerment, health & happiness.

This book is for one and all who desire to create positive health.
FREE DVD CONTAINS:

• Right postures while practicing Pranayama
• Identifying correct pattern of breathing
• Step-by-step technique of Pranayama
• Imagery for: Stress Management, Energization, Joint Pain & Backache, Heart & Hypertension, Asthma & Allergies and Diabetes

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MARKETING

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ABOUT THE AUTHOR

Dr. Renu Mahtani M.D., a practicing physician, runs a centre in Pune to share Yoga and Pranayama – be it breath therapy, restorative traditional yoga, ashtanga vinyasa (power) yoga or management of mind! Special breathing techniques are imparted for chronic diseases, low immune conditions, anxiety, depression, attention disorders, obsessive disorders, migraine and dyslexia.

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