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2 with Dr. Renu Mahtani As a published author, she has written two books - "Power - Pranayama" - Tapping the healing potentials breath and "Power of Posture" - Mindful Alignment for a Pain-Free Life. Make a habit of two things; to help or at least to do no harm Dr. Renu Mahtani - Autoimmunity Treatment Centre in Pune On Second day, 19th Sept 2014. Renu Mahtani was a part of "SPIRITUAL HIGHS" at Pune International Literary Festival 2014, #PILF Dr. Renu Mahtani, the founder of Param Yoga. Renu Mahtani interacting with Neha Narayan, Media student, MIT-ISBJ Dr. Mahtani aims to take away the mysticism around pranayama and make it accessible to one and all. Therefore, at Param Health Clinic and Param Yoga, pranayama is taught in an interesting and practical way. Patients and students understand the 'why and how' of each practice that helps them engage better. Breath Therapy | Dr. Renu Mahtani - Autoimmunity Treatment ... 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. Power Pranayama by Dr. Renu Mathani - English Book Buy ... I would personally not recommend learning Pranayama at home, from a DVD, CD, Book or Internet. Even all the main scriptures on this science of Yoga recommend to only learn these practices from an experienced teacher (Guru or Acharya). Why? First o... What are the best books on pranayama? - Quora You can read more about "The Ultimate Indian Diet Book", "Power Pranayam" and "Power of Posture"

here. With a vision of 'The best possible health for all' and perpetual warmth in her heart, Dr. Renu Mahtani exudes "Miles to go before I sleep, and I still have miles to go before I sleep."

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