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Written by Dr. Renu Mahtani, MD (Medicine), a practicing physician from Pune, 'Power Pranayama — Discover the healing potential of your breath' is a knowledge based book, with a

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strong foundation of relevant anatomy, physiology and the body- mind dynamic.

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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

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Dr. Renu Mahtani - Consulting Physician at Param Health Centre
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.

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qualifying offers. Pranayama is in
vogue today but few are really aware
of it's subtle yet profound effects on
the mind.Pranayama involves much
more than a few breathing exercises

Power Pranayama by Dr. Renu
Mahtani, M.D. is available in ...
Dr. Renu Mahtani M.D., a practicing
physician, runs a centre in Pune to
share Yoga and Pranayama – be it
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or management of mind!

Power Pranayama: The Key to Body-
Mind Management - Dr ...
Pranayam Shakti is the Hindi version

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of the book, Power Pranayama, by Dr. Renu Mahtani M. D. It asserts that Pranayama is much more than a breathing exercise. It has evident positive effects on mental as well as physical health of those who practice it. Summary of the Book

Renu Mahtani (Author of Power Pranayama)

Her last book Power Pranayama, which deals with the healing potential of breath, is a much-acclaimed work and has been translated in four languages. With a vision of "the best possible health for all" and perpetual warmth in her heart, Dr Renu Mahtani lives by Robert Frost's lines, "I have promises to keep, and miles to go before I ...

Power Pranayama: The Key to

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Mind Management.

Dr. Renu Mahtani – Param Yoga Pranayama on the one hand, is so simple and easy to perform that anybody can do it, on the other hand it seems so complex to understand as to how such a simple exercise can help in so many diseases. That's the beauty of pranayama or i may say it's...

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CHAPTER THIRTY – The Power Of
Posture

The Power of Posture: Mindful
Alignment for a Pain-Free Life - Ebook
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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."

Power Pranayama: Discover the
healing potential of your ...
Renu Mahtani is the author of The
Power of Posture (4.21 avg rating, 38
ratings, 7 reviews, published 2014),
Power Pranayama (4.33 avg rating, 49
ratings...

