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Dr.Renu Mahtani MD,a practicing physician runs a centre 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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Pranayama and breath awareness have stood the test of time and now even scientific researchers are proving their value and uniqueness.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 strong foundation of relevant anatomy, physiology and the body- mind dynamic.

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DR. RENU MAHTANI M.D. POWER PRANAYAMA Discover the healing potential of your breath INCLUDES FREE DVD FOREWORD BY KIRAN BEDI, Ph.D. J-2056 DVD Rs. 295 252p Demy ISBN 978-81-8495-153-0 A B O U T T H E B O O K Pranayama is in vogue today but few are really aware of its subtle yet profound effects on the mind.

Power Pranayama - International Centre Goa

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Access Free Power Pranayama By Dr Renu Mahtani Free Power Pranayama: The Key to Body-Mind Management - Dr ... Pranayam Shakti is the Hindi version 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

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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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