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Dr Renu Mahtani MD, 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

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The Science of Pranayama

Through the practice of Asana, you can control the physical body and through Pranayama, you can control the subtle, astral body or the Linga Sarira As there is an intimate connection between the breath and nerve-currents, control of breath leads to the control of vital inner currents Pranayama occupies a very important place in Indian religion

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greater than all of Pranayama Conclusions: Emphasis should be laid on the total care of the

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Secret or the key to unlocking my incredible power within, and a technique that would keep me in the here and now, is the breath Pranayama "is" the True Secret, the key to a positive transformation of all aspects of my life, mind, body, and spirit From experience I can tell you that by routinely practicing the Pranayama techniques (breath,

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