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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 or management of mind! Special breathing techniques are imparted for chronic diseases, low immune conditions, anxiety, depression, attention disorders, obsessive

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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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## ~~Renu Mahtani (Author of Power Pranayama)~~

Her last book Power Pranayama, which deals with the healing potential of

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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 ...

~~Dr. Renu Mahtani—Consulting Physician  
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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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Renu Mahtani exudes “Miles to go before I sleep, and I still have miles to go before I sleep.”

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

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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...

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