

POWER OF BREATH

YOGALIGHT.....

YOGIC WISDOM AT YOUR DOORSTEP



HIGHLIGHTS OF THE MONTH

Yogic Breathing Seminar Sponsored By Matteson Public Library

Anu Malhotra conducted a Yogic Breathing session for Matteson Public Library on March 25th. Listed below is the testimonial from the organizer, Carol Petro of Matteson Library.

The people who responded to the

Read, Reflect and Transform



survey gave you the top rating and enjoyed all the different exercises you demonstrated. My right shoulder has been bothering me and it felt much better this morning after doing the exercises last night for the shoulder. I even feel like I am sitting up straighter. Thank you again for doing an outstanding job.

Power Of Breath
Presentation
Sponsored By BAPS
On International
Women's Day
Conference

BAPS in Bartlett celebrated International Woman's day on March 7, 2009. The Conference was attended by the Mayor of Bartlett, President Of Bartlett Village along with the top business and professional woman from all over Chicago Metropolitan area. Approximately 300 professional woman attended the conference.

Anu Malhotra conducted a presentation on Mind - Body Wellness. The event was a huge success. Listed below is the testimonial from BAPS Conference chair person, Varsha Pandya:

On behalf of BAPS, I want to thank you for your participation at our 2nd annual BAPS Women's Conference. Our collective efforts

Anu Malhotra

THE ART OF..... WISE LIVING

All the problems that you face in life are because you spend most of your time attending to the man made things and very little or no time towards the creation of Divine, which is the gift of mind and body. As a result, the worldly events grow large while you remain small.

Most of us get obsessed with the worldly events and remain miserable, inhaling fumes throughout the journey of life. Wise people use their skill and grow beyond the worldly events. Your life is a gift and you have come to celebrate it. A poor person celebrates life once in a blue moon. A rich person celebrates it every year. But the richest man celebrates every moment.

Ask your self how rich are you?? Do you celebrate once in a year? Once a month? Every day? If you celebrate every moment, you are an awoken soul!!

To the degree that you are awake, everything around you brings knowledge. If you are not

have promoted physical, mental, moral and spiritual wellbeing of individuals, across the region. Women's Conference 2009 brought together women of different background to discuss "Health, Wellness and Balanced Development" of women across the nation.

Your remarks have truly inspired women and their families in some way to make a positive investment for ensuring peaceful progress in the future of women and society as a whole. I truly appreciate your willingness to participate in our conference and for the support you have shown. Once again, thank you for all of the help you have given and we hope to see you again and again in the future.

The Art Of Self - Care Seminar Sponsored by Ferris State University, College Of Pharmacy in Kalamazoo, Michigan.

Arun Tandon conducted a session on the Art of Self-Care. Here's what Jackie Morse, PharmD, BCPS Assistant professor and the organizer of the event's testimonial:

I want to thank you again for your wonderful presentation on Friday! You were not only informative, but also very inspiring in your view of

awake, even the most precious knowledge does not make sense.

If your vehicle of life is in perfect condition, life becomes a celebration. Conditioning the vehicle comes from yogic practices and awakening is the outcome of it.

Yoga provides you with a magical key to unlock the miracles of life. A new center would be created. You start moving to your inner roots. You start to become wiser to be ecstatic. You maximize your health, peace and happiness. An inner voice of silence will guide you like a loving mother.

Yoga practice is the primary way of gaining the true wealth of living consistently in light, peace, and joy. In yoga you get the help, direction and support to do so. It gives you inner stability, security and serenity every single day.

If you are thinking of starting, THIS IS THE TIME! Break through the limitations of mind and get started. YOU WILL FEEL BETTER & HEALTHIER, that is a promise.

Power of Breath Team will continue to be here, offering you the refuge of peace and support you will need to make the journey of life a true celebration. We will continue to teach people how we can all empower ourselves to prosper and

community pharmacy practice and of life in general! I learned a lot myself -- I've been practicing my new breathing techniques over the weekend. I know you would have a lot to offer other students as well as the faculty here in the College of Pharmacy; we will most definitely keep you in mind! Thanks again for the offering!!

**POWER OF BREATH
PRESENTATION FOR
MICHIGAN YOGA
TEACHERS
ASSOCIATION**

Renu Sharma conducted a training session on yogic breathing for Michigan Yoga Teachers Association. Here's Cathryn Bastien, the organizer of this event's testimonial:

Thank you so much for the wonderful program on Saturday, it is great to have some local experts in pranayama for us to learn from. In the future we may inquire if Arun Tandon might come and share some of the disease reducing benefits of pranayama practice. Thank you again so much for your time and sharing the great work that you do.

Our Heartiest Thanks

Power Of Breath Team expresses our sincere thanks to Dr. Rakesh Marwah for his contributions

thrive!!!

With love and peace
Anu Malhotra

UPCOMING EVENTS

- **T**wo Day Weekend Retreat With Power Of Breath-----May 2nd & May 3rd at Naperville Healing Center. Contact Anu Malhotra at 630-717-6188 for registration
- **P**ower Of Breath presentation for **A**siatic Heritage Month Celebration at Daily Plaza in Downtown Chicago on May 6th, 2009
- **W**eekly Pranayam Classes For The Western Michigan University Fall Semester
- **L**earn The Art of Stress -Free Living--- sponsored by Bridgeview Library in Bridgeview, IL----April 7th, 2009

towards the weekly Thursday
Pranayama/ Yoga/Meditation
sessions being held in Naperville,
IL. His complete support, his
thoughtfulness and his dedication
is unparallel. We are very
appreciative of his on-going
selfless service and complete
support. May the Divine powers
bless him with a continued happy,
healthy, peaceful and successful
life!!!

Power Of Breath Contact Information

VISIT US AT

WWW.POWEROFBREATH.ORG

FOR FREE WEEKLY CLASSES
AND
FOR PERSONAL ONE -ON-
ONE DISEASE SPECIFIC
SESSIONS ON

PRANAYAMA
(Yogic Breathing)

YOGA/MEDITATION
CONTACT US AS LISTED BELOW

CHICAGO CENTER

ANU MALHOTRA
630-717-6188

MICHIGAN CENTER

RENU SHARMA
269-207-8478
ARUN TANDON
269-271-2561

- **H**atha Yoga Session Sponsored by
Sadhu Vasvani Mission at Ramada Inn in
Glendale Heights, IL Saturday, April 19,
2009

- **P**ower Of Breath Presentation for
Fibromyalgia Support Group at Bronson
Lakeview Hospital in Paw Paw, MI on April
21st, 2009 --- contact Colleen Potter at
Potterc@bronsonhg.org.

- **Y**ogic Breathing Session sponsored by
Yoga Teachers of Gillchrist Retreat Center
in Three Rivers Michigan on April 27, 2009-
---- contact Jan Michaels at
Michaels.Jan@yahoo.com

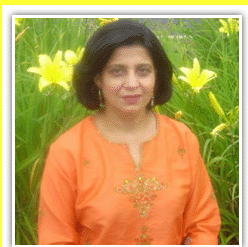
- **P**ower Of Breath Pranayama session for
Psychologists/ Counselors in Kalamazoo,
Michigan on April 16, 2009---contact
Pamela Poley at Prp3pine@hotmail.com

- **W**eekly Pranayam Sessions Every
Thursday at Celebration 919 South
Washington in Naperville, ILL

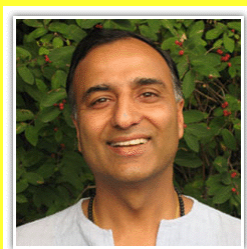
- **W**eekly Pranayam Sessions Every
Wednesday in Portage, MI

EMAIL ADDRESS
Breathe@powerofbreath.org

Power Of Breath Speakers



ANU MALHOTRA



Arun Tandon



Renu Sharma

- **W**eekly Pranayam sessions Every Thursday in Farmington Hills , Michigan

- **D**isease Specific One-on One Sessions From Monday thru Friday at Illinois and Michigan Healing Centers

HERBAL CORNER

By Arun Tandon, Registered Pharmacist

Shilajeet :- Is described as "conqueror of mountains and destroyer of weakness." This is such a tonic that there is no disease that it does not help. The reason that it helps in all diseases is it facilitates and enhances the mobilization of minerals in to each and every cell. It is used to help in weakness of :-

- 1) Physical body, relieving tiredness.
- 2) Mental self, relieving mental stress and increasing memory and mental alertness.
- 3) Endocrine system, helping in Diabetes.

Some other uses are... 1) Helps accelerate processes of protein and nucleic acid metabolism and stimulates energy providing reactions.
2) Counteracts Diabetes and regulates the blood sugar level.

3) Purifies blood, improves functioning of pancreas and strengthens digestion. Reduces fat, dissolves tumours, and counteracts thirst.

4) Promotes the movement of minerals, especially calcium, phosphorous, and magnesium into muscle tissue and bone.

5) Stimulates the immune system and improves restoration (recovery) after exercise. Increases levels of growth hormone in diabetic patients and is a potent anti-ulcer agent.

Product :- Divya Shilajeet Sat. Dose:- Take 1-2 drops twice daily, with hot milk or hot water.

Precaution:- Indiabetes, keep checking your blood glucose as it can reduce your blood glucose

CLOSING THOUGHTS

Any thing that we do continuously and consistently, brings miraculous results!!! For example, we go to school everyday to study, we become a professional, we go to work everyday to earn money and we acquire wealth.

Similarly If we start devoting time to Yoga/Pranayama/Meditation practices continuously and consistently, we can earn the biggest wealth of Healthy Mind and Healthy Body, leading a life that is filled with inner strength, abundance of peace, irresistible joy and unlimited Healing power. For that we have to

create an appetite, an interest!! Power of Breath Team's mission is to reach out to everyone to help develop that appetite by making such knowledge and practices accessible!!!!

ARISE, AWAKE AND DON'T STOP TILL THE GOAL IS REACHED!!!

It's very simple, just create some time in your daily life for these simple and powerful practices!! Learn from expert teachers and not just from DVD's to master these techniques and get deep rooted in them!!

JOIN US IN OUR WEEKLY SESSIONS OR COME TO OUR UPCOMING POWERFUL TWO DAY RETREAT ON MAY 2ND AND MAY 3RD AND DISCOVER A LIFE CHANGING EXPERIENCE!!!!

With warm regards
Anu Malhotra
Power of Breath

Save 25%

SHILAJEET SAT, Muktavati , chandraprabhaviti , Triphla and tridoshang Googal
Buy 3 get 1 FREE.. or 10 % off on smaller orders.

EXCEPTIONAL SAVINGS !!!!!!

Get any 2 DVD's and get 3rd one FREE... Savings of \$20 dollars.... **WOW !!!!!**

Offer Expires: May 1st, 2009

[Forward email](#)

 SafeUnsubscribe™



This email was sent to breathe@powerofbreath.org by anu@powerofbreath.org |

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).
Power of Breath | 7157 Hunters Ridge Dr. | Kalamazoo | MI | 49009