

POWER OF BREATH

YOGALIGHT.....

YOGIC WISDOM AT YOUR DOORSTEP



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CREATE YOUR OWN MAGICAL
EXPERIENCE WITH YOGA PRACTICES

**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)

UPCOMING EVENTS

- **Y**ogic Breathing for Stress-Free Living -----Sponsored by National University Of Health Sciences in Lombard, IL February 24th, 2009
- **M**ichigan Yoga Association
Advanced Pranayama Session for
Yoga Teachers Saturday, 7th
February-10am

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

EMAIL ADDRESS
Breathe@powerofbreath.org

**Power Of Breath
Speakers**



ANU MALHOTRA



Arun Tandon

- **F**erris State University
Alternative Health
Department , College of Pharmacy
Grand Rapids , Michigan
Friday, February 27, 2009

- **F**erris State University

Shindler Hall , WMU

Alternative Health Class for

Doctor of Pharmacy students

Friday, Feb 20th, 2009

- **B**oost the Immune system, De-
stress and Detoxify Your-self with
Power Of BreathWeekly Classes
Sponsored By
Borgess Hospital
Health and Fitness Center
Kalamazoo, MI
Starting from January 2009
For Registration visit
www.borgess.com and click on
classes and events

- **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

- **W**ellness Of Mind/Body with
Yoga/Arvurvedic Practices

Renu Sharma

Herbal Corner

By Arun Tandon
Registered Pharmacist

MUKTA VATI---- Anti-Stress

Used for - High Blood pressure,
Anxiety, panic attacks,
nervousness
and insomnia.

High Blood-pressure

It is called the
silent killer as it rarely produces
symptoms until the pressure gets
too high, and then it can cause
stroke.

Medically high blood pressure is
divided into 2 categories ..

- 1) Primary Hypertension --
which means that we Do NOT
know why you have high blood
pressure, and it accounts for
95% of the cases !!!!
- 2) Secondary Hypertension --
accounts for only 5% of the cases
and we do know why we have high
blood pressure, which is some
problem with thyroid or pituitary
gland.

Mukta vati treats the
Primary Hypertension by reducing
the stress level by relaxing the
nervous system and strengthening
the heart.

Main Ingredients :

A celestial medicine prepared with
pious herbs found in Himalayas,
like brahmi sankha-

Sponsored By Baps at their annual
professional woman's
convention March7, 2009

- **Y**ogic Breathing Towards Disease-Free Life-----Sponsored by Matteson Library in Matteson, IL----March 23rd, 2009
- **R**educe stress and anxiety by yogic breathing
for Kalamazoo Valley Community College Students.
11 am - 1 pm
March 12th, Thursday
Sponsored by Kalamazoo Valley Community College
- **H**atha Yoga Session Sponsored by Sadhu Vasvani Mission at Ramada Inn in Glendale Heights, IL Saturday, April 19, 2009
- **W**eekly Pranayam Sessions Every Thursday at Celebration 919 South Washington in Naperville, ILL
- **W**eekly Pranayam Sessions Every Wednesday in Portage, MI
- **W**eekly Pranayam sessions Every Thursday in Farmington Hills , Michigan
- **D**isease Specific One-on One Sessions From Monday thru Friday at

puspi,ustukhudusa (Arabian or French Lavender), arjuna,puskaramula,jata-mamsi,sarpa-gandha,jyotismati,vaca,asvagandha and other cooling drugs like (motipisti) (mukta-pisti).

Therapeutic Uses :

--- Helps high blood pressure caused by any reason either by kidney-disorder or by heart disease or by increased cholesterol, anxiety, tension or by hereditary reasons.

--- Also Helps associated complications like insomnia feeling of uneasiness, palpitation, pain in the chest. 'Mukta Vati' doesn't produce excessive sleep in persons who already have normal sleep.

--- Allopathic medicines give only temporarily relief, as they are not able to root out the disease, whereas 'Mukta Vati' heals the disease from within a short period of one or one a half year. It normalizes the blood pressure. -- If one has to take 'Mukta Vati' for a long time even than there is no harm as it doesn't produce any side effect.

Take advantage of current promotion and save while they last.

Question/Answer Corner

Due to ringing in my right ear, I am unable to hear so can you please

Illinois and Michigan Centers

- **Yogic Breathing- Sponsored by Portage Waling club March 2009 date TBA**

Read, Reflect and Transform



Anu Malhotra

CREATE YOUR OWN MAGICAL EXPERIENCE.....

THROUGH YOGA PRACTICES

This is for individuals who have been putting off Yoga/ Pranayama/ Meditation practices from their daily lives. If yoga practices are time consuming now, then not making the time to do such practices can cost you a lot more time and money in future!!!!

Are you ever bothered by body pain, headaches, stress, depression, anxiety, insomnia, low energy and/or digestive problems? Even if you are fortunate enough to have good health coverage, these problems are still costing you a great deal.

Think about all the time that these problems

suggest me correct pranayama to get back my hearing

Tinnitus is a ringing, swishing, or other type of noise that seems to originate in the ear or head. In many cases it is not a serious problem, but rather a nuisance that eventually resolves. It is not a single disease, but a symptom of an underlying condition. Nearly 36 million Americans suffer from this disorder. In almost all cases, only the patient can hear the noise. Tinnitus can arise in any of the four sections of the ear: the outer ear, the middle ear, the inner ear, and the brain. Fluid, infection, or disease of the middle ear bones or ear drum (tympanic membrane) can also cause tinnitus. One of the most common causes of tinnitus is damage to the microscopic endings of the hearing nerve in the inner ear. Advancing age is generally accompanied by a certain amount of hearing nerve impairment, and consequently tinnitus. Today, loud noise exposure is a very common cause of tinnitus, and it often damages hearing as well. There are some medications specially Aspirin can be the cause and some reports suggest the use of Vitamin-E can also be the cause of Tinnitus. Easy thing is to discontinue these for a few days to see if it helps. A supplement of Lipoflavanoids have shown some results. There are 3 main pranayamas which could help you.. 1) Karan Bhedi pranayama 2) Bhramari .. do it for 7 to 10 times and 3) Anulom vilom .. increase it to 20 minutes. As you go thru the list of the things to do, one thing comes 1st and that is being aware that you can choose to pay a little less attention to the problem and some times you DO forget about the noise. Keep breathing, keep smiling and learn to work thru the noise !!!

I am already a slim person (51Kg)and i dont want to lose weight.If practising Kapalbhati regularly, will i lose weight ?

take out of your life? How much time are you wasting on being in pain and distress--valuable time you could be spending happily making money or simply making the most of what you already have?

It's well-accepted that yoga practiced with regularity heals and prevents a vast range of physical and mental conditions. Yoga relieves pain, helps you sleep, regulates metabolism, and smooths your emotions. Much more than just exercise, yoga is nourishment for your soul.

The weekly group classes that we offer are absolutely free. What a wonderful opportunity that can bring you so much good health, freedom from pain, and deep peace. If you value yourself, then you should not allow any barriers or resistance to come in your way of learning and incorporating yoga practices in your daily lives.

If you want to feel and be your best you will need to do the extraordinary--to know and act on the importance of feeding your soul. Health, happiness, and inner peace will cost you paying some attention to your self by spending a small amount of time on you every day. The question is, do you want to invest some time now , or (very likely), a lot more later?

Life is short, and none of us know the future. We only have right now to make the most of the life we have been given. If you haven't given yoga a sincere try yet, or if you have dropped it for some reason, consider giving yourself the gift of yoga now.

Especially if you are having difficulty right now, I want you to know that you CAN have the happiness, abundance, vibrant health and inner peace that you really want. Yoga can help. You are only one phone call away to gift your self a perfect life that every one dreams of and very few achieve it!!!

FOR GROUP SESSIONS OR INDIVIDUAL SESSIONS, PLEASE CALL :

**ILLINOIS CENTER : 630-717-6188
MICHIGAN CENTER: 269-207-8478
OR 269-271-2561**

Dear Jenny, I am so glad you asked this question. All these pranayama's which we teach are great in achieving OPTIMUM health!!! The word here is OPTIMUM, Although Kapalbhathi would help a person who is over weight but if your weight is already normal then it doesn't reduce it, on the contrary if you are under weight, by improving your digestive system Kapalbhathi can actually help you come to a normal weight. We have been doing this for several years and have not seen any weight loss with normal or low weight. So be fearless , be at ease and keep up with your practices, and stay happy !!!

Power Of Breath invite and encourage you to ask your question by clicking to "Ask Your Pranayama Teacher" of the home page of our website www.powerofbreath.org.

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REGULATE YOUR DAILY
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wishing you..... peace, health and
happiness
Anu Malhotra

YOGIC WISDOM OF THE MONTH

Knowing others is intelligence;
knowing yourself is true wisdom.
Mastering others is strength,
mastering yourself is true power.

CLOSING THOUGHTS

More and more people will exhaust external strategies and then turn within looking for a way to regain control of their lives through the yogic practices. Learning how to turn off the mental chatter, deeply relax the body, and focus the mind on a single object, they will discover the power to change themselves and their circumstances for the better. The Yogic technique to improve health, relationships and finances has been around for thousands of years. Yet it is shrouded in mysticism and hidden from most people. We the Power Of Breath Team encourage and invite you join us in our free sessions and experience for your-self how we all can tap into the inner powers to discover personal fulfillment and enrichment!!!!

**With warm regards
Anu Malhotra
Power of Breath**

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