

POWER OF BREATH

YOGALIGHT.....

YOGIC WISDOM AT YOUR DOORSTEP



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COMMUNION WITH YOUR INNER-SELF

**POWER OF BREATH
CONTACT INFORMATION**

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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

UPCOMING EVENTS

- **Y**ogic Breathing for Stress-Free Living -----Sponsored by National University Of Health Sciences in Lombard, IL February 17th & 24th, 2009
- **R**elive Stress and Anxiety by Yogic Breathing.....Sponsored by Kalamazoo Valley Community College, Kalamazoo, MI January 2nd. Thursday
- **An** educational seminar for children and adults
Boost the Immune system, De-stress and detoxify

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

Renu Sharma

January 31st, Saturday 10-11.30 am
Pranayama Center , Portage Mi

- **M**ichigan Yoga Association
Advanced Pranayama Session for
Yoga Teachers Saturday, 7th February-
10am
- **F**erris State University
Alternative Health
Department , College of Pharmacy
Grand Rapids , Michigan
Friday, February 27, 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

Herbal Corner

By Arun Tandon
Registered Pharmacist

TRIPHALA GUGGUL :-

Guggul is a resin (gum) obtained from the trees and botanically called Commiphora Mukul. This Herb has been used for over 2000 years for ...

- 1) Obesity
- 2)Osteoarthritis..
- 3) High cholesterol

It is very beneficial in preventing and treating heart diseases. It has been recently proposed that it's beneficial effects on heart and cardiovascular system could be due to it's anti-inflammatory effects rather than just by reduction of cholesterol. Guggul is hardly ever used alone in Ayurveda, its usually combined with other herbs to potentiate it's effects in balancing tri-dosha, When its combined with TRIPHALA to make Triphala Guggul it helps in improving digestion , digestive disorders as well as Cardiovascular and arthritic problems.

If you are taking any blood thinners you should avoid this herb as it has the potential of interacting with the blood thinners.

Usual side effects are stomach upset

- **W**ellness Of Mind/Body with Yoga/Aryurvedic Practices Sponsored By Baps at their annaul 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

Usual dose is 1-2 tablets 2 times daily with food.

Question/Answer Corner

By Arun Tandon

Q--What's the age limit for kids to do pranayama?

A--We have worked with kids as young as 5 years. If they are able to learn properly and a child is able to do it properly then there is no problem but it would be a good idea to learn it from a teacher to begin with.

Q-- My child is 4 years old . He has this problem of asthma . it starts whenever season changes , please suggest me some pranayam and any other cure.

A-- Asthma is a growing problem specially in west. A lot of people are getting hypersensitive (over reactive) airways. Medically they are treated with several different drugs including inhalers to open the airways and steroids, but again we are suppressing the symptoms and not going to the root cause of the problem. You can start your child on all the 7 pranayams as prescribed by Swami Ramdevji, start him with only a short period of different pranayamas... Bhastrika.. 3-5 minutes kapalbhati.. 5-7 minutes , anulom vilom 5-7 minutes bhramari 3 times , udgeet 3 times also if you can teach him Ujaayee 3 times that will be great. If possible these can be repeated in the evening as well. I know it

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

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

Read, Reflect and Transform



Anu Malhotra

COMMUNION WITH YOUR INNER-SELF

In order to operate in the world, we have to deal with difficult people, negative experiences, pressure and strain. As much as we can enjoy the pleasures of material life, we suffer too.

Many people are spending most or all of their time on the externals. Job, home, family are all important. Unfortunately, none of these can provide lasting happiness and deep inner peace that comes with frequent quiet inner communion.

Most people don't know how to achieve a

is hard to make a 4 year old sit and do the pranayama but if you can make a game out of it, if you are doing these yourself then little kids are like monkeys , they follow what you are doing and that could be of great benefit to all of your family. Find a teacher and learn the correct way or get a DVD and follow it. Asthma responds very fast and specially in kids as the disease has not yet taken hold on the body.

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.

POWER OF BREATH TRAINING DVD

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YOGIC WISDOM OF THE MONTH

Knowledge, without

strong enough experience of that inner communion. Fortunately, yoga/pranayama teach us how. When you come to yoga, you leave the world outside the door. You shift gears into a sweeter pace. The techniques are do-able, specific, and adaptable to your every need. Worries, pain and striving drain away.

Sounds too good to be true? It's not at all. Yoga was created to bring people back to their own inner peace. From there you regain perspective about your entire life. Problems shrink, and your capacity to deal with them grows.

When we are in touch with the Energy within us, we enter into a state of flow. We feel like everything is unfolding in just the perfect way for us. We can't predict how things will turn out, but we have positive expectation that all outcomes will be positive.

Wouldn't it be wonderful to live a truly calm and happy life? To spend the morning feeling relaxed, work calmly and purposefully throughout the day, and be able to let go and enjoy friends and family. And most importantly, to feel a deep bliss and serenity inside yourself at all times?

Many would say this is impossible. But they don't know the power of yoga. People can and do stay at a consistently high level of bliss. Serenity and bliss are latent within the human nervous system. Through diligent practice of yoga techniques, we simply call it out again and again until the experience is continuous. Along the way, new vistas of awareness open up in our minds. Confusion is replaced by a calm knowing.

We don't have to take ourselves out of the worldly environment in order to make these changes. In fact, the best place to grow in yoga is within a full, active and complex life. We keep our worldly commitments while we engage in yoga practices that nurture our bliss and serenity.

Gradually, we change from the inside out. We know a change has occurred when we feel good inside ourselves no matter what is

action, is useless. It's not what you learn, it's what you live."

happening outside. We are then living in the world, but not bound by it.

I earnestly pray that all people will soon start to look within themselves and develop communion with the inner-self by incorporating yoga/pranayama/meditation practices on a daily basis to first experience peace and bliss and then share it with others.

May your path be smooth and joyous.
Anu Malhotra

CLOSING THOUGHTS

We are living in an exciting age, an age of constant revolution in the human realm. The sciences have ushered in a technological era and civilization has reached its materialistic apex, with a great revolution in human thinking also. A mental revolution should match the technological revolution in the right perspective and in good faith.

Yoga/Pranayama, both in its philosophy and in its technique, is a means to the attainment of these ideals. Therefore, the paramount need for the day is to redeem yoga from oblivion and to restore it to its place of pride in the scheme of human knowledge.

With warm regards
Anu Malhotra
Power of Breath

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