

**POWER OF BREATH**

**YOGALIGHT.....**

**YOGIC WISDOM AT YOUR DOORSTEP**



HIGHLIGHTS OF THE  
MONTH

## TWO DAY RETREAT CONDUCTED BY POWER OF BREATH TEAM

Power of Breath Team conducted a two day retreat on July 11th and July 12th at Gilchrist Retreat Center in Three Rivers Michigan. It was truly a soulful experience for everyone who attended. The natural surroundings, noise free atmosphere, beautiful cabins and breathless Meditation Hall created such a pure, joyful atmosphere for everyone to learn yogic practices. Here's what the attendees have to say about their experience.

# Read, Reflect and Transform



Anu Malhotra

## INNER FLOWERING

Wake up and see your life is too short. The realization that life is short will bring dynamism to your life ----- unwanted things and distractions will fall away. When you must act or make an effort, know that life is short. Time is running out.

What are you doing with your life?  
Is your life useful to you and the

**What** a beautiful retreat!!!!

I believe this retreat is the most important lesson of our life we could be given. Nothing else comes close. I have so much growth this weekend.

Thank you, you are in my heart. Loving you in all ways.

With Infinite Love & Gratitude

Terri Blanco-Barke

**My stay** here has been no less than amazing. Dear Renu, Arun and Anu....you now have become an integral part of my life. Your words have touched me. I also enjoyed your company. It's been nice to be in the presence of such good, happy and caring people. You have introduced me to a whole new world. For this I am thankful. I look forward to another retreat.

Thanks again

Sharron Grant

**Dear Renu,  
Arun, Anu and  
Family,**

Being trained in health

**world around you? Realize that life is too short. When you realize life is short, procrastination falls away.**

**The quality of our lives depend more on what we are inside than outside. But how many of us really look within?**

**Within us we have infinite power of Self also known as Atman, Conscious or Spirit. And the only way to obtain uninterrupted flow of energy from this powerhouse of SELF is through the Power of Yogic Practices.**

**Imagine when we are connected to a very powerful entity or individual, we feel protected secure, strong and live a fearless life.**

**Now realize that there is a power sitting in us that is far more powerful and bigger than our any other relationship. And if we learn the art to connect with this power, how secure and fearless our lives will become. More importantly, this**

science, I am trained to think with a skepticism. I even thought are there alterior motives going on here"

I see complete truth and genuineness in the work you all do. There is a beautiful combination of spirit, practicality and science. The Gilchrist retreat has been a wonderful immersion in Power Of Breath. I am very grateful for your sharing with me, Brian and the world. You are changing the world with your work.

In Gratitude, Love and Deep respect

Beth Herman

Dear Renu, Arun,  
Anu ,

Thank you!! Thank you!!!  
Thank You!!! ThankYou!!!

**This place** Gilchrist is a wonderful experience away from the everyday world. But your Power Of Breath retreat could be anywhere and I would still experience the same life giving experience.

Renu- you are my yogi . You teach and share with me where I learn the best with my emotions.

is a relationship that no one can break . Where ever we go, it stays with us.

**This infinite power is sitting dormant in all of us. Through the practice of yog we can connect with this power and start living a life that is filled with happiness, Harmony and Health.**

**Yog is a science of perfection. It teaches us how to tap into our potential. We human beings don't know what we are worth or capable of. We only use 5% of our potential and the remaining 95% is untapped. Yog introduces us the art of tapping into this 95% towards reaching a life of excellence.**

**We don't have to acquire any new knowledge. We just have to understand our potential, our SELF, the deeper layers of our personality, from which we can tap greater energy level, greater inspiration and greater sense of motivation.**



Arun--- You are wonderful teacher and a master. The love the way you present the human body with all that science mixed with humor.

Anu---I have listen to you on the CD's, in person you are more powerful teacher. You make me think, you probe the mind to remember the order of life.

Mother----I love you, you are comfort.

Love the pranayama Retreat--let's do more. The food was great!!

Sincere Devotee

Marie Austin

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**Thank you !!** I am grateful for this opportunity to "Let Go" of my world and to connect with my self. I am acknowledging the nourishment to my soul, your generous spirit, and spritual strength. I will be using your teachings in my life for myself. I will be sharing them with my clients ( female drug addicts)and as a Chemical Dependency and Mental Health Therapist. Many thanks, Peace

Vicki Shumaker

**Within us there is constant war going on between Positive and Negative forces, between flesh and Spirit.. There is something in us that pulls us towards higher, goodness, virtue and these positive tendencies are very few. But the negative tendencies that exist are far more. The challenge we are faced today is how to gain victory over these negative tendencies.**

**This is where Yogic science introduces us to a life giving force within each one of us...it is called Self. When we learn to connect, surrender, align and merge with the SELF through Yogic Practices, we are able to transform the lower tendencies into positivite forces.**

**What differentiates successful person from the multitudes is the capacity to marginalize your own faults, set aside your negativity and deploy your positive force ( SELF) to achieve highest level of excellence and complete perfection into our lives.**

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**It has been** a great learning experience these two days. My mind and body has been refreshed!! It has been motivating enough to implement all I have learned in my daily life. I guess we need to make life changes to achieve a quality life. It is a process and not destination.

I wish you all the best. it meant more that you are all doing this as a family and you all are dedicated to make people feel better.

Thank You

Harriet

•  
Words that come to my mind as I sit and reflect on retreat,

its peaceful, relaxing, encourage, calm, acceptance, energetic, focus, self-awareness, positive thinking, beauty and serenity.

Thank you for enriching my life insuch a beautiful surrounding.!

Marie Zerwech

•  
I would like to thank you for letting me come and experience this beautiful

The most important thing in our life is SELF. Lifeminus the SELF or SPIRIT is junk. It is through this SELF, we transfer the beauty, the positivity to this body. We think body is important but what lends beauty to the body is SELF/SPIRIT. The fact is that when a person dies, no matter how dear that person is to us, we want to cremate the body as quickly as possible. Understand that It is the SELF that lends value to the body. So what we need is the uninterrupted power supply by establishing a strong relationship with SELF.

Once the power of SELF is invoked within us, we are awakened to the highest possibilities. One cannot be successful by achieving a great deal of wealth or fame or power. You are successful in words of Buddha when with all our humility you can say I am awake!!!!

It is not the external competition, but your own doubts, your Self created confusions that keep you

retreat. I had a great time and learned a lot.

Again thank you for this wonderful experience. This is something I will keep for the rest of my life.

Thank You

Donna Auslad

•

**When I** first came here, I was amazed looking at the location of Meditation Hall and Cottages.

The cottages came as a surprise to me with the amenities provided like the meditation room and the yoga mats to practice pranayama during our stay.

The breakfast and lunch provided here was healthy and adequate for the retreat.

Overall it was a wonderful experience and I feel so great after the session and feel blessed to be part of this group. I wish we have more and more of this in the coming months and years

Janardhan

•

I thoroughly enjoyed my experience during Saturday session. I especially liked the

away from reaching to the level of perfection and achieving highest success in both inner and outer worlds. The world does not have the power to intimidate you, threaten you. The only thing that carries the highest power is your self and once you get a handle on your SELF, connect with it, align with it, then all the confusions/doubts, negativities will go away!!!! And to unite with this Power of self is called YOG!!

**Yogic practice is the explosion of inner purity, inner health, inner strength and inner peace. It is the song of the soul. It is the dance of inner intelligence.**

**UNDERSTAND IT, ACCEPT IT AND REACH OUT TO SOMEONE TO LEARN TO CONNECT WITH IT !!! ONCE YOU START MOVING IN THIS DIRECTION.....THERE IS NO**

Knowledge and Scientific methods I learned about Pranayama. I have done some reading on the internet but nothing has been more valuable to me as what I have learned today from Renu, Arun and Anu.

I am excited and eager to continue this path I have chosen with my life.

Thank you so much for all you have taught me and I look forward to seeing my new friends and living this new life!!!!

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**Beautiful!!!!**  
**Beautiful!!!!**  
**Beautiful!!!**

Had a very good time meeting and interacting with my spritual family. Enjoyed every minute of the retreat

Love

Bala Pillutla

•  
Every now and then I pull away from my center. This retreat has helped bring me back.

Thank you for that and the email that turned mv thought

**GOING BACK!!!!**

**With love and peace**  
**Anu Malhotra**

## **UPCOMING EVENTS**

- **Weekly Pranayam Classes For The Western Michigan University Fall Semester**
- **Introduction to Power Of Breath Services at Indian Cultural festival on Saturday August 29th from 11am to 9pm at Naperville Community Concert Center--- Central Park 104 E. Benton ave Downtown naperville, IL 60540. For information call**
  - **630-717-6188**
- **Power Of Breath Free Seminar in Detriot Michigan on Saturday August 15, 2009. For registration, contact Amrit Gill 248-615-3597**
- **Power Of Breath Presentation Sponsored by The New Sakkara Conference on July 25th and July 26th**



into action.

I have benefited from every aspect of the retreat so far. I am nurtured, filled, re-fueled, and re-nu--d.

Thank you for providing this much needed retreat.

Paula Alexander

## Power Of Breath Contact Information

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CLASSES  
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FOR PERSONAL ONE -  
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SPECIFIC SESSIONS ON

PRANAYAMA  
(Yogic Breathing)

YOGA/MEDITATION  
CONTACT US AS LISTED  
BELOW

CHICAGO CENTER

ANU MAL HOTRA

in Allegan, Michigan. For registration, contact Dean and Mary Hardy's at 269-673-4849

- Yogic Breathing Seminar sponsored by Darien Public Library on October 13th, 2009
- Weekly Pranayam Sessions Every Wednesday at Our Saviours Lutheran Church in Naperville, IL
- Weekly Pranayam Sessions Every Wednesday in Portage, MI
- Weekly Pranayam sessions Every Thursday in Farmington Hills , Michigan
- Disease Specific One-on One Sessions From Monday thru Friday at Illinois and Michigan Healing Centers

## HERBAL CORNER

By Arun Tandon...Registered Pharmacist

## MUKTA VATI---Anti-Stress

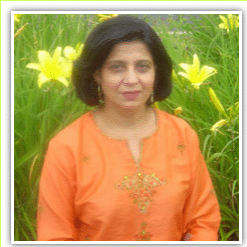
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Power Of Breath  
Speakers



ANU MALHOTRA



Arun Tandon



Renu Sharma

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, sankhpuspi, ustukhudusa (Arabian or French Lavender), arjuna, puskaramula, jata-mamsi, sarpagandha, jyotismati, vaca, asvagandha and other cooling drugs like (moti-pisti) (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.

**Buy 6 and get 2 free or get 20% off on smaller order ..exceptional savings ...expires August 15, 2009**

## **CLOSING THOUGHTS**

**It is the time to be happy. The time to be happy is now; The place to be happy is here. The way to be happy is to make someone happy and create a heaven right here.**

**We are lost in the world of becoming and not living in the world of being. We live life as though we are going to live in the eternity. We don't have much time. So live the moment with totality.**

**with warm wishes  
Anu Malhotra**

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