

# POWER OF BREATH

## YOGALIGHT.....

YOGIC WISDOM AT YOUR DOORSTEP



HIGHLIGHTS OF THE  
MONTH

Yogic Breathing  
Seminar Sponsored By

**Read, Reflect  
and Transform**

## Bridgeview Public Library

Anu Malhotra conducted a Yogic Breathing session for Bridgeview Public Library on April 7, 2009. Listed below is the testimonial from the organizer, Margaret Friel of Bridgeview Library.

- Dear Anu, Bridgeview Public Library wishes to thank you for bringing your knowledge, gifts, light and generous spirit to our program: "An Introduction to Pranayama, Yogic Breathing."

Our patrons, ranging from seven years through seniors in their seventies, participated in a life-enriching class of simple exercises combined with deep breathing. Participants were surprised by the richness of the benefits they received from a single session. They left the class feeling calm, relaxed, peaceful, joyful and content in both body and mind. We look forward to another program with Anu this summer.

## Two Day Weekend Retreat Sponsored By Power Of Breath

Power Of Breath Team conducted a two day weekend retreat on May 2nd and May 3rd at The Clarus Center sitting in the lap of Nature in Warrenville, IL. It was truly a



Anu Malhotra

## **True Change**

When the body is stimulated, pleasure arises. When your soul is stimulated, Divine love, Inner Health & Bliss arise. Divine love has no end but pleasure ends. The distinction between pleasure and love has to be understood; but only the luckiest will understand this.

Just as you eat sugar and stimulate the tongue, music stimulates the ears and sight stimulates the eyes. And what stimulates the soul? It is the practice of yoga/ pranayam/meditation that stimulates the soul.

All we want is stimulation of the soul. Every other stimulus is on the surface. The stimulus of the soul energizes and the stimulus of the body brings fatigue. Every stimulus should lead you to the self.

Human Beings continue to change jobs, mates and friends but never think of changing themselves. To change oneself for the better is transformation.

soulful experience for everyone. Here's what our participants have to say about this retreat:

- Anu, you and your family are a phenomenal group of people!! The retreat was energetic, informative and blessed. May God continue to shower you all for your generosity. Thank you for everything!!

Janice Johnson

- What a fabulous retreat we had. Anu, Arun & Renu, each one of you gave us so much to do & to think about. I would like to make a list but it would be too long. You all thought about making it the best for us. It certainly was. Did I have a favourite part? Yes, all of it. From your wise words, to the breathing exercises, to the gentle yogic exercises to the massage to the delious lunch to the imaginative view. Oh, Anu, I'm still basking in the brilliance of the weekend. On the way out, we couldn't stop talking about our experiences.

The words THANK YOU to you and your family seem so insignificant. But THANK YOU for all that you and your family brought to us.

Transformation is not a matter of concept but an uplifting experience. Transformation involves a step change from misery to joy, from frustration to fascination and from bondage to freedom.

Unless we have a thirst for the true change, we will not find it. We get what we focus on. **Why is it that we focus on unessential and miss the essential? Because we forget who we are .....we have lost sight of ourselves. We are so indulged in the world that when we loose outer things we are lost. It is alright to acquire worldly wealth but the problem comes when we lose ourselves in it.**

**As it is rightly said that " boat must stay on waters. But the water must not be allowed to enter the boat. Else the boat will sink and we shall get drowned."**

**The world has been referred as the ocean. In this ocean of universe, the boats of our lives must stay on the waters. But the waters of worldliness must not enter our boats. How may this be done? By entering into**

Love  
Carol McGrath

- I enjoyed every moment of the retreat. The information/ Knowledge was well conveyed by the speakers. Now the results are up to us.

Thank You  
Winsome Currie

- It was an amazing experience. The location and all the speakers were excellent. Each session was very enlightening and uplifting. All the Pranayama techniques and yogic exercises were very relaxing and empowering.

The personal interaction with the speakers and other members of the Power Of Breath Team during the breaks added so much more to the whole experience. They all shared their experiences and provided special guidance and advice for my individual needs. It was such an uplifting experience that we did not want it to end. Looking forward to the next retreat.

Thank You

Arun and Kumud Aggarwal

- Thank you again for the inspirational weekend. I've been trying to do some breathing & meditation every day. I will also try and come to some yoga sessions on Thursday nights. God bless

**the depths within.**

**And the way to take this inward journey is only and only through power of breath.**

We are a peaceful soul with infinite power. Infinite treasure, strength, energy of the spirit lie locked up within us. Yoga helps us to unlock this treasure. Unfold this power and you will find that there is nothing that you cannot achieve. Say someone tells you at a particular point there lies buried treasure, you will keep digging till you find it and yet a richer treasure by far is hidden within us and we don't do anything to discover it. The way to discover is the way of yoga.

The measure of one is not just a strong enduring body, or his command over math, science or artistic capabilities. The true measure of man is his control over himself, his lower self, his passion, his pride, his thoughts, his aspirations, his dream, his deeds, his emotions and his feelings.

When we start doing yogic practices regularly with a discipline, something in you awakens...which is bigger than you think. And when this experience of inner awakening becomes bigger, then you are compelled to govern your life from that experience.

& Happy Mothers Day!

Eileen & Bob Spasman

**Power Of Breath**  
**Presentation**  
**Sponsored By Sadhu**  
**Vaswani Center**

Sadhu Vaswani Center Of Chicago sponsored one day Sadhna Camp at Ramada Inn in Glendale Heights on April 18th, 2009. The event was organized by Dr. Nargis Awatramani as the chair person of the event and Dr. Gopal Lalimalani as the president of this organization under the direction of Pujya Dada Vaswaniji and Ma Krishna. The event was attended by approximately 300 people from all around the United States and some other countries. Power Of Breath team congratulates Dr Nargis and Dr. Lalimalani along with their team for this successful event. Here's a testimonial from Dr. Nargis Awatramani:

- **D**ear Anu, thank you SO VERY MUCH for your outstanding yoga session that all the attendees enjoyed. A lot of people, I am sure, have been motivated to start doing yoga since that morning at the Sadhana camp. A few organizers of Pujya Dada's programs in other parts of USA talked to me about having you in their

Human beings are always looking for security. We try to built protections around our life so that whatever we acquire should always standby us. One has to understand that nothing in this world will always remain with you. They have come only to go. The world is constantly changing. Only if one understands that there is something within us which never changes....which never leaves you...It is steady and will always standby you...will make you secure...it is called Self, Spirit, Atman....Connect with this and you will remain secure permanently. To establish that connection with this supreme power is Yog.

Life on this earth is like a journey through a dark and dense forest. The Yog is like a lamp that will light your way across this forest so that you may reach your destination safely. The greed to know the above truth and not live it is the greatest obstacle for transformation!!!!

With love and peace  
Anu Malhotra

## UPCOMING EVENTS

- **P**ower Of Breath Presentation for

city. I hope they will contact you.

Overall the Sadhana Camp has been viewed as a success. Our Pujya Dada also praised our efforts and we feel very blessed.

## **POWER OF BREATH PRESENTATION AT DAILY PLAZA**

Anu Malhotra conducted a session on Yoga/ Pranayama techniques on May 9th at Daily Plaza, Chicago Downtown. The event was organized by the Honorable Dorothy Brown, clerk of the Circuit Court of Cook County & The Asian American Employees Social Club. Among the attendees were consulate General of several Asian countries to include India, Japan, China, Korea and Philippines, Ms. Gail Lutz, Executive Clerk of policy & Human Resources and Chief of Staff, and prominent businessmen of Chicagoland.

The event was covered by Mr. Ravi Baichwal, ABC 7 - Chicago Weekend News Anchor. The program was aired the same day!!!

## **POWER OF BREATH PRESENTATION FOR PSYCHOLOGISTS & COUNSELORS OF KALAMAZOO MICHIGAN**

Chicago Telugu Association on Saturday May 30th, 2009. You can Register at:  
[events@chicagoteluguassociation.org](mailto:events@chicagoteluguassociation.org)  
Please provide Name, Address and Phone Number

- **W**eekly Pranayam Classes For The Western Michigan University Fall Semester
- **P**ower Of Breath Presentation Sponsored By Kalamazoo College on Ritual Innovation in South Asian Religions. The conference starts on Thursday June 18th thru June 21st.
- **T**wo Day Weekend Retreat at Gilchrist Retreat Center in Michigan on July 10th and July 11th...For registration, contact Renu Sharma at 269-207-8478.
- **P**ower Of Breath Presentation Sponsored by The New Sakkara Conference on July 25th and July 26th in Allegan, Michigan. For registration, contact Dean and Mary Hardy's at 269-673-4849

Renu Sharma conducted a training session on yogic breathing for Michigan Psychologists and Counselors . Here are the testimonials from some of the participants:

- **I** found the yoga stretches to really open up my lungs and allow for fuller breathing. Practicing the breath before and after the yoga gave me a reference point for comparison. I learned physiologically where the breath needs to go. I would be interested in another class at your office. Specifically about Renu and Arun their loving attitude and gentle teaching method was wonderful to be around. I loved watching their beautiful sister/brotherhood relationship in action. I kept thinking what an amazing family they must have. It felt kind of like being let in to a family gathering. I can't thank you enough.
- **I** found myself resonating with the information and breathing exercises you presented last Thursday. Thank you so much! I do have a question - would you or Arun be willing to visit my smoking cessation class at Kalamazoo College to present the power of breath and perhaps talk about the pharmaceutical way of smoking cessation. Thanks

- **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 Illinois and Michigan Healing Centers

## Our Heartiest Thanks

**We** would like to thank the following two individuals for their complete support with On-going selfless Power Of Breath activities:

**Carol McGrath  
Panna Patel**

**We** are very appreciative of their time, energy and dedicated efforts towards our selfless projects to help alleviate miseries and pains from people's lives. May the

again for all you do!  
Peace,  
Jeanne Hess

- Yoga, meditation and breath work are familiar to me. It was so refreshing to hear another perspective on the subject. It helped me to integrate what I have already learned...a deeper understanding. Thank you for your enthusiasm and knowledge from an experiential base.

Mary Hamilton

- I thought the evening was perfect! Renu and Arun did a great job guiding us through the power of breath. I appreciated their enthusiasm, depth of knowledge and analogies they used. I would certainly be interested in learning more!

Shanti

## Power Of Breath Contact Information

VISIT US AT

[WWW.POWEROFBREATH.ORG](http://WWW.POWEROFBREATH.ORG)

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

Divine forces continue to shower blessings on them and their families for continued Peace, Health & Happiness !!!!

## HERBAL CORNER

By Arun Tandon, Registered Pharmacist

### MUKTA VATI---Anti-Stress

1. 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

## 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

EMAIL ADDRESS

[Breathe@powerofbreath.org](mailto:Breathe@powerofbreath.org)

## Power Of Breath Speakers



ANU MALHOTRA



Arun Tandon

Himalayas, like brahmi, sankha-  
puspi, ustukhudusa (Arabian or French  
Lavender), arjuna, puskaromula, jata-  
mamsi, sarpa-  
gandha, 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.



Renu Sharma

## CLOSING THOUGHTS

Health is achieved by not just burning calories, It is achieved through burning impurities of mind and body!!! The only way to achieve pure healthy body and mind is through Yog.

One has to learn to drive this vehicle of life with care, as life has no spare!!!

Join the Power Of Breath Free weekly sessions and begin to Experience Vibrant Health and Healing!!!!

with warm wishes  
Anu Malhotra

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