

POWER OF BREATH

YOGALIGHT.....

YOGIC WISDOM AT YOUR DOORSTEP



Read, Reflect

**HIGHLIGHTS OF THE
MONTH**



Power Of Breath Team conducted a seminar sponsored by Lake Shore Yoga Center in Grand Haven, Michigan on September 12, 2009.

Listed below are the testimonials from Pam, the organizer and the attendees of this session.

Dear Renu,

It was such an honor to have you and Arun and your Mother here. Thank you for blessing this space and all that were here with your rich wisdom and love.

I look forward to continuing this relationship and working together to serve the greater good.

Namaste'

..... Pam

I knew this is what I needed !
You were great teachers !
Thank you ! I discovered how shallow I have been breathing in the past. how difficult it was

and Transform



Anu Malhotra

PAIN TO

.....POWER

When God gives us pain, it is to humble us and not trouble us. Treat all difficulties as divine surgery. Understanding pain wisely makes pain a spiritual door into the space of wisdom. Pain then becomes a training ground for one to be powerful.

Pain is like a spiritual alarm telling us to look at life differently. When pain exists in

for me to sustain OM, how I began giggling from the natural joy within.
... Joanna

Wonderful experience- Thank You for useful life saving and life awakening tools ! Namaste'
.....Greg

Thank you ! Thank you ! Thank you! for the beautiful teachings!
The breathing techniques will be used in my everyday life of being a teacher. This will be a foundation to all of the energy work that I practice.
.....Laura

This was very powerful for me and timely !! I am trying to heal my self and now I know I can !! Please provide any information you have on a weekend retreat or other workshops you are having.
Thank you for sharing your selves and time.
..... Kellie

Wonderful !! attended the session at Christ Community Church 6 weeks ago. Have been using what you taught hourly throughout the day - feeling so much better, so glad to build on that today !!
Thankyou for your minstry ! Please come back, you have blessed me !!!
.....Kathy

the body we go to the doctor for a check up. It is like an alarm. Similarly, we need to treat psychological pain as an alarm that tells us to delve into life more deeply. Then pain becomes a ladder to the power of alertness.

When one is alert, one can transform poison into medicine. A snake's venom in the right combination is a medicine in the science of homeopathy. If one is not alert then even medicine becomes poison.

Fear of pain exists in one who has not seen the joy of what one has. Pain is not a full stop but a coma in the vast story of life. Most people who suffer hang on to what they don't have rather than dance with what they have. Whatever you have is God's gift and whatever goes is God's wish. One has to float in life and not get drowned in one's dreams. Life is a divine opportunity for one to go beyond dreams and live in reality.

This was a beautiful seminar !!
Thankyou , Thankyou , Thankyou for
your loving service.I learned
something new, The Ujjayi Breath !
No yoga teacher or book I have ever
studied has taught it that way !
I was taught the " ocean breath "
so Thank you again ! Namaste'

..... Ragini

Fabulous- Thank You !
Very interested in a
weekend
retreat !!

.....

Cecelia

It was wonderful, we would like you
to do a workshop at our yoga center

.....

Carey

This was wonderful- the start of the
healing- I desperately need.

.... Mary

Very wonderful !! easy to
understand.

Good explanations. Fascinating .

..... Nancy

Fabulous ... Lynne

Thankyou ! Powerful and
Want more !!

Interested in retreat !!!!

..... Marsha

What a wonderful time to learn and
what wonderful relation. I am a
trumpet player and I know the

**One has to see an opportunity
in a difficulty rather than
seeing difficulty in an
opportunity. Every suffering is
a great opportunity for inner
awakening. It tells that if you
continue doing what have done
you will get what you have got.**

**Human Beings have
energies. They have to
be transformed and
refined. If you don't
transform them it
creates pain patterns
and if you transform
them it creates bliss
patterns - patterns of
joy and celebration.
These energies have to
pass through a refining
process. Yogic
practices help to refine
these energies.**

With love and peace

importance of sufficient breath.
This brings New Knowledge.
.....David



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

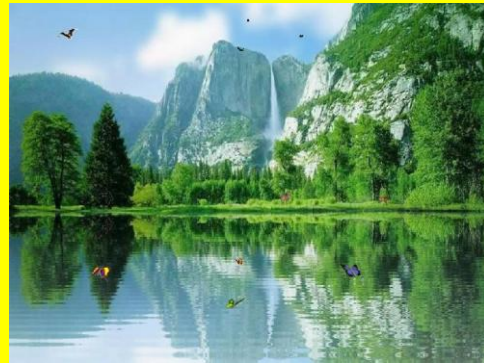
PRANAYAMA
(Yogic Breathing)

YOGA/MEDITATION
CONTACT US AS LISTED
BELOW

CHICAGO CENTER

ANU MALHOTRA
630-717-6188

Anu Malhotra



UPCOMING EVENTS

One Credit course of Yogic Breathing
for The Western Michigan University
Fall Semester

Power Of Breath Seminar sponsored
by Satya Yoga Centern in Saugatuck
MI. on September 24th at 10am to
12:30am. For registrations, contact
Renu Sharma at 269-207-8478.

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 call630-717-6188.

MICHIGAN CENTER

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

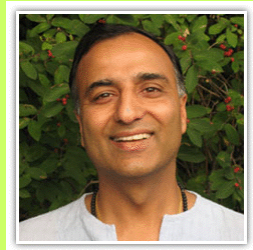
EMAIL ADDRESS

Breathe@powerofbreath.org

Power Of Breath Speakers



ANU MALHOTRA



Arun Tandon



Renu Sharma

Power Of Breath Free Seminar
in Detroit Michigan on
Saturday August 15, 2009.
For registration,
contact Amrit Gill 248-615-359

Power 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

Power of Breath presentation
sponsored by Lake Shore Yoga in
Grand Haven Michigan on September
16th. For registrations, contact Renu
Sharma at 269-207-8478

Power of Breath session
sponsored by Michigan Psychologist
group led by Pamela Poley and Gay
Walker on October 1st, 2009 at their
wellness center from 7pm to 8:30pm.
For registrations contact Renu Sharma
at 269-207-8478.

Yogic Breathing Seminar
sponsored by Darien Public Library
on October 13th, 2009 at 7pm.
Learn the art of living Happy,

**IMPORTANT
ANNOUNCEMENT
REGARDING WEEKLY
WEDNESDAY NIGHT
SESSIONS IN
NAPERVILLE, ILLINOIS.**



Please be advised that effective
September 16th 2009,
Naperville, IL Free Weekly
Wednesday sessions are being
held at the following address:

CELEBRATION

919 South Washington St
Naperville, IL 60540
630-717-6188

Healthy and disease-free Life
at a session sponsored by
Hindu Satsang on October 25th, 2009

Weekly Pranayam Sessions

Every Wednesday at
Celebration Church
in Naperville, IL

For Registration contact
Anu Malhotra at 630-717-6188

Weekly Pranayam Sessions

Every Wednesday in Portage, MI
For registration contact Renu Sharma
at 269-207-8478 or Arun Tandon at 269-
271-2561.

Weekly Pranayam sessions

Every Thursday in
Farmington Hills, Detroit Michigan.

For registration
contact Amrit Gill at 248-651-3597

Disease Specific One-on One
Sessions From Monday thru Friday
at Illinois and Michigan
Healing Centers



CLOSING THOUGHTS

Everyone has the capability to rise from pain to power. Very few succeed actually as most are not committed and alert.

Create your life in such a way that it pays dividends. Choose to be happy. In spite of problems, learn to profit from them. Wise living is expanding in joy, deepening in peace and living in goodness.

In the external world, being in the company of people who are practicing such values should be your aim; they should be your mentors. Choose as your mentors those who are not powerful and rich but who are wise and life encouraging!!!

It is power of breath team's mission to create this inner awakening through the teachings of yogic practices and help transform pain into power!!!

JOIN US FOR OUR FREE WEDNESDAY

EVENING YOGA/PRANAYAMA/MEDITATION CLASSES!!!

FOR INFORMATION, CALL:

**Illinois Center-----Anu Malhotra 630-717-6188
Michigan Center----Renu Sharma 269-207-8478
Arun Tandon 269-271-2561**

Detroit Center-----Amrit Gill 248-615-3597

**with warm wishes
Anu Malhotra**

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