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... Amazon.com: pranayama dvd As a published author, she has written two books - "Power - Pranayama" - Tapping the healing potentials breath and "Power of Posture" - Mindful Alignment for a Pain-Free Life. Make a habit of two things; to help or at least to do no harm Dr. Renu Mahtani - Autoimmunity Treatment Centre in Pune On Second day, 19th Sept 2014. Renu Mahtani was a part of "SPIRITUAL HIGHS" at Pune International Literary Festival 2014, #PILF Dr. Renu Mahtani, the founder of Param Yoga. Renu Mahtani interacting with Neha Narayan, Media student, MIT-ISBJ Dr. Mahtani aims to take away the mysticism around pranayama and make it accessible to one and



all. Therefore, at Param Health Clinic and Param Yoga, pranayama is taught in an interesting and practical way. Patients and students understand the 'why and how' of each practice that helps them engage better. Breath Therapy | Dr. Renu Mahtani - Autoimmunity Treatment ... Aundh Clinic. Ramya 3, Ashiyana Park II Landmark: Opposite Gaikwad Petrol Pump, Pune. Get Directions MON, WED, FRI 4:00 PM - 8:00 PM

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