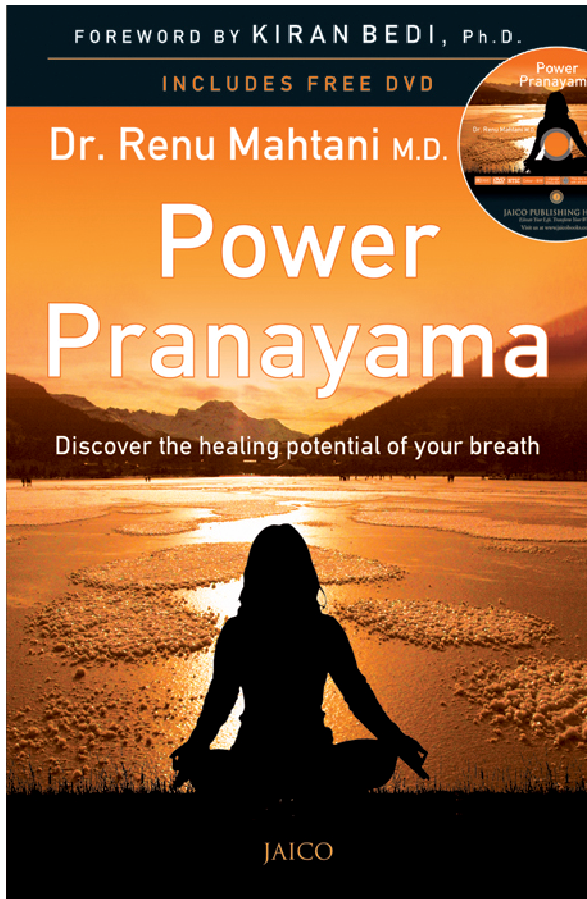


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FOREWORD BY KIRAN BEDI, Ph.D.

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A B O U T T H E B O O K

Pranayama is in vogue today but few are really aware of its subtle yet profound effects on the mind. Pranayama involves much more than a few breathing exercises; it is a holistic experience that encompasses the body and the mind. The book explains in simple terms:

- How to identify and correct our faulty patterns of breathing
- How to practice pranayama with understanding and safety
- Logical explanations for various aspects of Pranayama -
 - why one nostril is usually more open than the other and what are its implications on our mindset and diseases
 - how Kapalbhata can offer peace of mind
 - how the vibrations of chanting soothe the mind and heal the body
- How pranayama creates the interface to connect with the mind
- How to program our mind towards self-empowerment, health & happiness.

This book is for one and all who desire to create positive health.

FREE DVD CONTAINS:

- Right postures while practicing Pranayama
- Identifying correct pattern of breathing
- Step-by-step technique of Pranayama
- Imagery for: Stress Management, Energization, Joint Pain & Backache, Heart & Hypertension, Asthma & Allergies and Diabetes

C O N T E N T S

Foreword	Acknowledgements
Introduction: Healing Is A Journey	
Section I – Holistic Health	
1. What is Health	2. Stress and Illness
3. Holistic Human Personality	
Section II – Philosophy Meets Physiology	
4. Prana – Our Energy System and Health	5. Chakras – The Energy Hubs
6. Health is a Mental Habit	7. Active Healing – Restoring Prana
Section III – Breath-Work	
8. Breath – The affirmation of Life	9. The Mechanics of Breathing
10. Stress Affects Breathing	11. Conscious Deep-Breathing
Section IV – Pranayama	
12. The Power of Pranayama	13. The Principles and Language of Pranayama
14. Starting pranayama	15. Cleansing breaths – Kapalabhati and Bhastrika
16. Swara Yoga – The science of Nasal Breath	17. Nadi Shuddhi Pranayama – Energy Channel Cleanser
18. Vibrations for healing – Ujjayi, Bhramari and OM Chanting	
Section V – Tapping the Healing Potentials of the Mind	
19. The Power of Silencing the Mind through the Breaths	20. Mind the Power
21. Mental housekeeping	22. Connecting with the Subconscious Mind Consciously through Pranayama
23. The power of Words	24. The power of Visualization – Imagery
25. Practising Imagery	26. Healing U-turns
Faq's about the Practice of Pranayama	A Practical Routine
References	

M A R K E T I N G

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A B O U T T H E A U T H O R



Dr. Renu Mahtani M.D., a practicing physician, runs a centre in Pune to share Yoga and Pranayama – be it breath therapy, restorative traditional yoga, ashtanga vinyasa (power) yoga or management of mind! Special breathing techniques are imparted for chronic diseases, low immune conditions, anxiety, depression, attention disorders, obsessive disorders, migraine and dyslexia.

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