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Book: Power Pranayama. Author: Dr. Renu Mahtani. It has been quite sometime since I had bought this book. It has been sleeping idle till now. I am making a resolve to read this within this March (2018). Let's see how this goes. To motivate me in reading, I am forcing myself to take notes on the same. This will prove that instead of just lazy reading, the learnings are actually imbibed within ...

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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

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I would personally not recommend learning Pranayama at home, from a DVD, CD, Book or Internet. Even all the main scriptures on this science of Yoga recommend to only learn these practices from an experienced teacher (Guru or Acharya). Why? First o...

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