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Renu Mahtani is the author of The Power of Posture (4.24 avg rating, 46 ratings, 9 reviews, published 2014), Power Pranayama (4.22 avg rating, 54 ratings...

Renu Mahtani (Author of Power Pranayama)

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Dr. Renu has explained how our nervous system, physiological system and psychology gets affected by pranayama and how pranayama is beneficial in so many diseases. Dr. Renu herself cured her disease with the help of pranayama and other yogic practices. Once she become convinced of the benefits of pranayama and yoga then she has written this book.

What are the best books on pranayama? - Quora

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. Renu Mahtani, MD, is a practicing physician who runs the Param Yoga centre (www.paramyoga.in) in Pune. Her holistic approach towards health and lifestyle incorporates customised breath therapy,...

