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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](http://www.paramyoga.in)) in Pune. Her holistic approach towards health and lifestyle incorporates customised breath therapy,...

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