

# POWER BREATHING

A SIMPLE PRACTICE. PROFOUND BENEFITS.



**BETTER BREATH**  
Better Health



**CALM MIND**  
More Clarity



**STRONGER YOU**  
Stronger Immunity



## ESSENTIAL MANOEUVRES DURING POWER BREATHING

-  Use the mantra during each power breathing
-  Visualize...Believe...Repeat
-  Genuine smile on your face.
-  Do not open the eyes... Go into meditation mode.
-  Time one minute by some action.
-  Relax for a few minutes after the complete power breathing.



**BREATHE DEEPLY.  
LIVE FULLY.**  
*Transform Naturally.*

## BENEFITS

-  Sets in the internal clock.
-  Synchronizes the breathing
-  Strengthens vagus nerve
-  Alkalinizes Blood to a transient level
-  Awakens the immune system and strengthens it over the period of time.
-  During the period of holding the breath it benefits in developing the collaterals, there by improves the functions of all organs.
-  Helps in healing all the diseases
-  Good health and long life are the ultimate goal.



**CONSISTENCY**  
is the key.



**PRACTICE DAILY**  
for best results.



**TAKE CARE TODAY,**  
for a healthier tomorrow.

**BREATHE  
HEAL  
THRIVE**



Power Breathing is a path to wellness, vitality and inner peace.

**START TODAY. FEEL THE CHANGE.**