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You can read more about “The Ultimate Indian Diet Book”, “Power Pranayam” and “Power of Posture” here. With a vision of ‘The best possible health for all’ and perpetual warmth in her heart, Dr. Renu Mahtani exudes “Miles to go before I sleep, and I still have miles to go before I sleep.”

Dr. Renu Mahtani - Param Yoga

Written by Dr. Renu Mahtani, MD (Medicine), a practicing physician from Pune, ‘Power Pranayama — Discover the healing potential of your breath’ is a knowledge based book, with a strong foundation of relevant anatomy, physiology and the body- mind dynamic.

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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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