BREATHING EXERCISES (PRANAYAMA)

Prana is the vital life force and Pranayama is the process by which this life force is balanced and increased. Prana and mind are intricately linked – when the prana is balanced, the mind is balanced as well. Pranayama balances both sides of the brain and balances emotional responses. It calms the mind and removes tension and anxiety. Pranayama creates vitality and enhanced energy. The enhanced vital force that results from Pranayama is beneficial for health and all aspects of life.

Pranayama Group Instruction is taught monthly in two sessions (it is best not to eat or drink anything 2½ hours prior to the sessions):

The two sessions in March are: **March 19, 4:15-5:00pm; March 20, 4:30-5:00pm**

The two sessions in April are: **April 16, 4:15-5:00pm; April 17, 4:30-5:00pm**

The two sessions in May are: **May 28, 4:15-5:00pm; May 29, 4:30-5:00pm**

The two sessions in June are: **June 25, 4:15-5:00pm; June 26, 4:30-5:00pm**

Fee: **$100** (payment is due in full at the first session)
Note: This is eligible for the OSU Flexible Spending Account!

To register for **Pranayama Group Instruction**, call **614-293-9777**.

The instruction takes place at:
Ohio State Center for Integrative Health
2000 Kenny Rd, Columbus, OH 43221
(next to Ohio State's Martha Morehouse Outpatient Care)

The instructor is **Hari Sharma, MD, DABIHM, DABP, FCAP, FRCPC**. Dr. Sharma has been practicing Ayurveda at the Ohio State Center for Integrative Health since the inception of the Clinic. In addition to practicing Ayurveda, he has been teaching Meditation and Pranayama (Breathing exercises) for many years. Dr. Sharma is certified by the American Board of Integrative Holistic Medicine. He is a Fellow of the National Academy of Ayurveda, Ministry of Health and Family Welfare, Government of India, and a Fellow of the Royal College of Physicians of Canada. Dr. Sharma is Professor Emeritus and former Director, Division of Cancer Prevention and Natural Products Research, Department of Pathology, College of Medicine, at The Ohio State University.