

# 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 in two sessions (it is best not to eat or drink anything 2½ hours prior to the sessions):

The two sessions in August are:      **Aug. 15, 4:15-5:00pm**      **Aug. 16, 4:30-5:00pm**  
The two sessions in September are:      **Sept. 19, 4:15-5:00pm**      **Sept. 20, 4:30-5:00pm**  
The two sessions in October are:      **Oct. 17, 4:15-5:00pm**      **Oct. 18, 4:30-5:00pm**  
The two sessions in November are:      **Nov. 28, 4:15-5:00pm**      **Nov. 29, 4:30-5:00pm**

**\$100** (payment is due in full at first session) *Covered by the OSU Flexible Spending Account!*

**To register, call 614-293-9777**

Ohio State Center for Integrative Health  
2000 Kenny Rd, Columbus, OH 43221  
(next to Ohio State's Martha Morehouse Outpatient Care)

**For more information:** [wexnermedical.osu.edu/integrative-health](http://wexnermedical.osu.edu/integrative-health)

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**About the Instructor:** Hari Sharma, MD, DABIHM, FACN, DABP, FCAP, FRCPC, has been practicing Ayurveda at Ohio State 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 American College of Nutrition, a Fellow of the Royal College of Physicians of Canada, and a Fellow of the National Academy of Ayurveda, Ministry of Health and Family Welfare, Government of India. 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.



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