



# Gems for Your Soul: Art of Happy Life Newsletter

Providing a Holistic Approach for a Healthy Body, Mind and Spirit

## The Incredible Power of Pranayama

Pranayama, or deep breathing exercises, refers to the control of energy through the breath. It is part of the Yogic system of healing which is attributed to the Indian philosopher/sage Maharishi Patanjali. His famous treatise is known as the "Yoga Sutras" which dates back 2500 years. "Yoga" means union, to unify individual consciousness with universal consciousness. It is a complete holistic science that balances us on every level physically, mentally and spiritually. Yoga is part of Ayurveda (the ancient Indian System of Healing) which was first put in written form by the great master Maharishi Veda Vyasa some 5000 years ago. Yoga according to the Vedas is thousands of years old, no wonder even today it is so powerful!



Yoga is gaining popularity in all parts of the world; it is especially popular in India. One particular organization holds Yoga Camps daily, quite often with more than 50,000 members participating, and they are producing incredible results. Individuals go there to heal from all kinds of diseases. These sessions last seven days and participants are taught and practice proper deep breathing techniques, yoga postures and more.

Deep breathing exercises have been proven to heal several health conditions. Studies show, that many diseases and health problems are associated with the lack of oxygen in our bodies. Furthermore, the human body has the ability to heal itself, when provided with the right conditions. In order to promote the body's ability to heal, we need to provide the body with more oxygen.

To prove the effectiveness of these breathing techniques participants of the yoga camp gave their blood for testing before and after the seven days. The results were quite remarkable. There was a drop in blood cholesterol levels, triglycerides and blood sugar. Many individuals had lost weight and decreased their high blood pressure. Many were beginning to regulate their thyroid hormone levels.

In addition, there have been a great number of testimonials from individuals suffering from both acute and chronic illnesses that have improved and even fully recovered by practicing these simple deep breathing techniques. These illnesses include cancer, diabetes, heart disease, asthma, arthritis, colitis, irritable bowel syndrome, chronic fatigue syndrome, allergies (food and seasonal), skin disorders and many common ailments as well. Also, those who practiced deep breathing while recovering from surgery showed remarkable improvements in short amounts of time.

### Upcoming Workshops:

Sun. February 1<sup>st</sup> 2009  
Health & Wellness

Sun. February 15<sup>th</sup> 2009  
Past-Lives Workshop

### Special Events:

We will be participating in the annual Holistic World Expo from:

March 20<sup>th</sup>-March 22<sup>nd</sup> 2009 at  
the Direct Energy Centre –  
Downtown Toronto

Call us now to reserve your  
FREE Tickets!



Individuals suffering from depression, who have been medicated for years, have also made testimonials of their recovery. Those individuals suffering from psychosomatic disorders and other mental illnesses have also shown documented improvements. The person responsible for re-introducing us to Pranayama and teaching us the correct breathing techniques is "Swami Ramdev". He resides in India and has established a holistic clinic where he treats and cures people from all over the world. For those interested in his incredible work and publications, visit his website at [www.divyayoga.com](http://www.divyayoga.com).

*Mohmood Valimohamed ~ Director, Art of Happy Life*

## Services & Workshops

Art of Happy Life is proud to provide a wide range of holistic services and treatments for optimal health and wellness. Including: The Ion Cleanse Detoxifying Foot Bath, Reiki, Energy Healing Meditation, Hypnosis and Past-Life Regression Therapy, Nutrition Counselling (based on your Ayurvedic body type and Blood Type), Psychotherapy and Counselling and More...

We also conduct a variety of **Group Workshops** such as:

**Energy Healing Meditation Sessions and Certification:** Learn how to heal yourself and others through a combination of techniques, Reiki, Chakra Meditation, and Guided Progressive Relaxation.

**Health & Wellness:** Learn and practice Pranayama, discover your Dosha (Ayurvedic body type) and what it means as well as information based on your individual blood type.

**Past-Lives Workshop:** Experience a group regression into the past, including relaxation and meditation.

**Journey of the Spirit~All-Day Retreat:** This all day escape provides Health & Wellness information, Breathing Exercises, Meditation, Relaxation and Energy Healing. Not to mention great food and fun!

Also available are *Book of Wisdom: A Simple Book for Spiritual Growth*, *The Art of Witnessing (CD)* and *The Art of Forgiveness and Love (CD)*! Written and created by Mohmood Valimohamed exclusively for Art of Happy Life.

### Client Testimonial

My wife and I were a part of the "Breathing and Meditation" workshops, held every Wednesday for five weeks. I was sceptical at first, but did it to support my wife. I found the entire environment to be one of openness, friendship, support and stimulation. The sessions guided us through the various techniques in a relaxed atmosphere. The family opened their home to us and shared great meals after the sessions. My wife and I found the conversations over dinner to be very spiritually stimulating and we began to look forward to Wednesday evening with anticipation. We have read several books on spirituality and the soul. Mohmood and his family were very open to our ideas and interpretations. This acceptance of various points of view has made a lasting impression on us. We still maintain a relationship to learn and exchange ideas.

Sincerely,  
Rick Wasson & Yvonne Seambar

### Today's Book Selection

*Yog: It's Philosophy and Practice* written by Swami Ramdev is recommended for all those seeking to explore the principles of yoga. It provides simple yet detailed instructions and diagrams to strengthen your Yoga practice. It is suitable for beginners as well as advanced practitioners to enhance your knowledge and practice.

Happy Reading!!

*We want to hear from you. Send us your feedback and suggestions on this newsletter so that we can continue to improve it to better serve you! Email us at: [mvalimohamed@rogers.com](mailto:mvalimohamed@rogers.com). Thank you for your time!*