

Newsletter



Introduction to PranaScience

PranaScience was founded in 2017 by Dr. Sundar Balasubramanian.



Dr. Sundar Balasubramanian is a cell biology researcher and the founder of PranaScience Institute. He conducts research on yogic breath's effect on human biology, and he is a certified yoga therapist. Through his pioneer research, Dr. Sundar has made significant discoveries about the benefits of Pranayama breathwork. Through PranaYama classes he is sharing his discoveries to help others share in their benefits.

Dr. Sundar is a faculty member at the Department of Radiation Oncology at the Medical University of South Carolina. His research focuses on cancer biology, radiation therapy, and yoga.

What is inside?

November Events:

- Fundraising bike ride for Medical for Hollings Cancer Center. MUSC
- Yogic Breathing to Enhance Focus and Reduce Stress.
- Workshops in Germany.
- Speech at Witten/Herdecke University.

December Events

- Wakeup with Pranayama
- Pranayama Workshop
- MUSC Medical Students Yogic Breathing Workshop
- Yogic Breathing Session - International Wellness Wednesday
- Breathwork Workshop

November Events

Fundraising bike ride for Hollings Cancer Center, Medical University of South Carolina. Lowvelo Foundation for Cancer Research - 05 Nov 2022

LOWVELO is an annual fundraising event that rallies the community for one cause – funding lifesaving cancer research.

Our goal is to eradicate cancer by supporting research into new treatments and discoveries at MUSC Hollings Cancer Center, the only National Cancer Institute-designated cancer center in South Carolina.

It was very refreshing and enriching 23 miles bike riding experience as our souls intertwine with nature for a noble cause. Cycling under the hue of the sun with eyes experiencing the blues of the sky was a revitalizing moment.

Thank you all those who have already donated and to all who have already put in hours of time and effort to make our fundraising bike ride the best ever.

Couldn't make it on that day? No problem! Still we can make a difference for the community by donating here. <https://fundraise.musc.edu/fundraiser/3922404>



Event Highlights:



Yogic Breathing to Enhance Focus and Reduce Stress - 11 Nov 2022

Modern life beset with tensions and anxieties continues to crush and deteriorate the quality of life.

Dr Sundar Balasubramanian's workshop on Yogic Breathing to Enhance Focus and Reduce Stress happened on 11 Nov 2022 in Daniel Island Club, Daniel Island, SC is a solution to reduce every day stress.

"BREATHING
AWARENESS IS
THE SIXTH SENSE
- DR. SUNDAR
BALASUBRAMANIAN
" (RE-INVENTING
THE WHEEL!)

Workshops in Germany



Each workshop consisting of both theoretical and practical components is unique in combining ancient wisdom with science based on Dr. Sundar Balasubramanian's first hand research.

The Workshops were open to all levels. And, all the attendees were able to get

1. Acquainted with the ancient literary excerpts on Yoga.
2. To practice key exercises from ancient texts and new ones designed by Dr. Sundar.
3. Understand the biological mechanisms of Yoga with special reference to Pranayama.
4. Learn the clinical and social applications of Yoga with special reference to Pranayama.

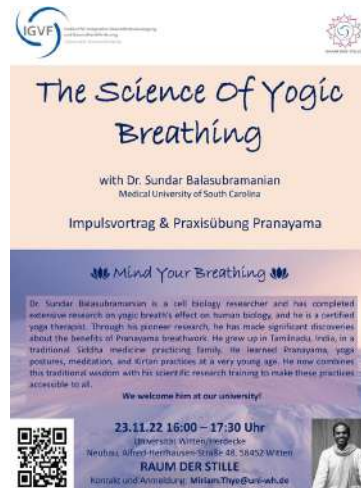
There were totally five workshops conducted in Germany.

1. Pranayama Workshop - Balance Yoga, Frankfurt - 12 Nov 2022
2. Science of Pranayama - Yogakula, Düsseldorf - 18 Nov 2022
3. Chanting is Pranayama - Yogakula, Düsseldorf - 19 Nov 2022
4. Pranayama Workshop - Balance Yoga, Mainz - 20 Nov 2022
5. Pranayama: Science And Practice - Brahma-Kumaris Raja Yoga Institute, Frankfurt -21 Nov 2022.



Speech at Witten/ Herdecke University - 23 Nov 2022

The mind is an experience - the experience of thoughts and emotions.....enlighten your mind to lead a better life....manage more.....live more.... with a fresh splash of joy.



Why Pranayama?

- Improves Sleep Quality
- Reduces High Blood Pressure
- Increase Mindfulness
- Cognitive Performance

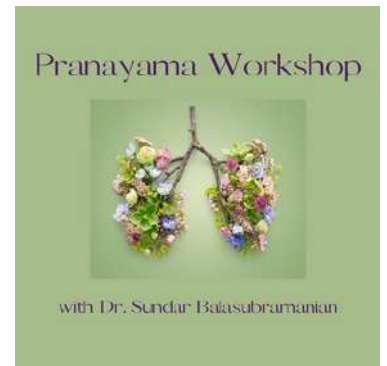
Past December Events

Pranayama Workshop - 3 December 2022

Happened on 3rd December 2022 at

Location:

Holy Cow Yoga Center
10 Windermere Boulevard
Charleston. SC



MUSC Medical Students Yogic Breathing Workshop

Medical students practicing with Dr. Sundar ahead of their final exams and review. Pranayama helps with focusing and memory.

Happened on 3rd December 2022 at Hampton Park, Charleston. SC.



Yogic Breathing Session - International Wellness Wednesday

Tired?
Feeling overwhelmed?
Struggling with stress?

Join the International Students Association's Wellness Wednesday for a Yogic Breathing Session.
Featuring Dr. Sundar Balasubramanian.

Time Date and Venue:
Wednesday, 7 Dec 2022
4:45 - 5:45 pm
Crow's Nest, Wellness Center



New!

Upcoming December Events

Wakeup with Pranayama - All weekdays in December 2022

"Rise and Shine". Doing Pranayama with Dr. Sundar Balasubramanian now is the time.

Join all weekdays at 5:30 AM EST starting from December 1, 2022 for a 30 minutes session online.
Fee: \$5 per session.

Daily Recordings Available for any time practice at your convenience.

Register here: <http://tiny.cc/9u01vz>

Breathwork Workshop, New Jersey - 11 Dec 2022

New Jersey Tamil Peravai presents this event in partnership with Piscataway Public Library. This is a free event.

****Registration Required.**

Location: Kennedy Library,
500 Hoes Ln,
Piscataway. NJ 08854.

Time: 2:00 PM to 4:00 PM

For more details and Register Visit:

<https://njtamilperavai.org/events/breathwork/>

