



SECRET OF  
BETTER TOMORROW

# R.E.C. Breathing TECHNIQUE

ENERGIZING

REJUVINATING

CLEANSING



## SESSION:2

- **Mudras** (Hand Gesture)
- **Kapalbhati** (Rapid Exhalation)
- **Anulom Vilom Pranayam** (Alternate Nostril Breathing)
- **Rapid Breathing** (To Relax Mind)

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## **SESSION 1**

### **WHY SHOULD ONE PURCHASE THIS R.E.C. BREATHING TECHNIQUE & MUDRAS DVD?**

So, what is there inside this colorful DVD?? **NGBS** is pleased to take this initiative for serving to the Human Development of its mental & physical health.

We are Homo Sapiens , who has a brain & anatomy. The human brain perceives the external world through the senses & each individual human is influenced greatly by his or her experiences, duties & responsibilities, leading to subjective view of existence & the passage of time. Humans are variously said to possess consciousness, self-awareness, & a mind which correspond roughly to the mental process of thought. Thus, a Human is a creator of his/her own Destiny , which is reflected by its own **KARMA** (Deeds). In this materialistic world , Happiness or the state of being Happy is utmost important & a human thyself is responsible for it. Happiness is the best condition a human can have- a condition of mental & physical health. For this state of well-being & to create a healthy & happy living, we

**NGBS** has made “**ONE OF THE BEST PRODUCT**”, which will bring Peace, Self- awareness, Sentience, Sapience, & the ability to perceive the relationship between oneself & one's environment.



After you practice this **R.E.C. BREATHING TECHNIQUE** in the wee hours of the morning, up till a fortnight. You can feel the ramifications in thyself, mental potential upgraded and soul revived with a renewed blend of life.

We here at **NGBS**, have laid the cream of our 5 year long research and we believe that our sincere, diligent efforts to manifest the ingredient to healthy living shall prove much effective. Daily practice of this Vital Breathing Exercise , will change your life , help you feel young & lively. Let's read HOW this small BOOKLET is a Key.

## OUR VALUES

The bonding of this beautiful nature and splendid music is such that one seeks solace under the blessings of his Grace. These miraculous elements have helped our ancestors since time immemorial in sustaining a well-mind nourished life. Since the dawn of human civilization ,so many research groups have proved the fact that Naturopathy and Music- therapy helps us in the development of our

Physical, Psychological, Emotional, Spiritual and Philosophical

aspects. We here at **NGBS** are investing our best efforts to bring our community of people closer to their authentic most form of treatment.





The term "Naturopathy" is derived from Latin and Greek, and literally translates as "nature disease". Modern naturopathy grew out of the Natural Cure movement of Europe. The term was coined in 1895 by John Scheeland popularized by Benedict Lust, the "Father of U.S. Naturopathy". Naturopathy or naturopathic medicine is employing a wide array of "natural" treatments, including herbalism, and acupuncture, as well as diet and lifestyle counselling.

Music therapy is the use of interventions to accomplish individual goals within a therapeutic relationship by a professional who has completed an approved music therapy program. Music therapy is an allied health profession , which helps in controlling our Brain , Body & Soul.

Music therapists primarily help clients improve their health in several domains, such as cognitive functioning, emotional development, social skills, and quality of life, by using music experiences such as free improvisation, singing and listening to discussing and moving to music to achieve treatment goals. It has a wide

qualitative and quantitative research literature

base and incorporates clinical therapy,

psychotherapy, bio - musicology,

musical acoustics, music theory,



psycho acoustics, embodied music cognition, aesthetics of music, sensory integration, and comparative musicology. Referrals to music therapy services may be made by other health care professionals such as physicians, psychologists, physical therapists, and occupational therapists.

## WHAT DOES R.E.C STAND FOR?

“Enhance the energy which is lying inside you ,  
you can only achieve the goal of your life  
once you'll be able to enlighten your soul”.

Music therapy is one of the expressive therapies, consisting of a process in which we use music and all of its facets—physical, emotional, mental, social, aesthetic, and spiritual—to help a person improve his or her psychological and biological health. In this DVD, in the first half of the session, we'll practice **R.E.C. BREATHING TECHNIQUE**, to purify the blood flow of our body.

R.E.C. BREATHING TECHNIQUE is an acronym which means **Rejuvenating , Energizing , & Cleansing** i.e. “putting new life”, “electrifying” or, “to free from the dirt” . This Breathing cycles gives a vital energy , a life force , when we breathe- in & breathe- out.



When we breathe differently, different emotions dilutes in a person and as a result past deposited karma get released from the subconscious , and our body and soul helps us to begin a fresh start, with a much purified Body and Mind. When we starts almost a new –life , with a fresh energy system, it helps to enhance our will –power and a person can do miracles.

In the VIDEO, shown in this DVD, we have tried to visualize the most peaceful environment, where a person can gain a maximum result by doing this 27 minutes long session of Breathing Exercise. While practicing, try to feel yourself sitting near the seashore & feel the cold breeze running all over.

## **WHAT DOES SESSION 2 OF THIS DVD HIGHLIGHTS? MUDRAS- HAND GESTURE**

A MUDRA is a symbolic or ritual gesture in Hinduism & Buddhism. Some Mudras involve the entire body & most are performed with hands & fingers. It is an energetic seal of authenticity employed in the iconography & spiritual practice. The

Mudras are used in conjunction with breathing exercises

generally in sitting pose, to stimulate different parts of the body involved with breathing and to affect the flow of life in body.



The physical body is made up of Five Elements namely- **Earth, Water, Fire, Air & Space**. Imbalance of these 5 Elements disrupts the immunity system and cause diseases. Deficiencies in any of these Elements can be made up by connecting one part of the body with another in a particular manner through MUDRAS, The 5 Fingers for 5 Elements are as follows: Thumb for Fire; Index for Air; Middle for Space; Ring for Earth ; Little for Water. When a finger representing an element is brought in contact with the thumb, the element is brought into balance. Therefore the disease caused by the imbalance is cured. Mudras start electromagnetic current within the body, which balances various constituting elements & restore health. The joining of fingers create an effect on the human body.

## **1. PRANA MUDRA**

Sit in a comfortable position. Join thumb , ring & little finger touching , index & middle fingers are extended, palm facing against the body on shoulder level. Start simple breathing with inhale and exhale through nose in this position for 2 minutes. This mudra can be used whenever you feel drained or need an extra

boost of energy. It imparts special power to the eyes. Good to use in the morning to awaken and fully embrace the new day.



## 2. APANA MUDRA

Sit in a comfortable position. Join tips of thumb , middle & ring finger touching, index and little fingers are extended, palm facing against the body down on navel level pointing earth. Start simple breathing with inhale and exhale through nose in this position for 2 minutes. The Apana mudra has a grounding force to help you connect with the earth's energies whenever you are feeling off balance or flighty. It detoxifies the body.

## 3. SAMANA MUDRA

Sit in a comfortable position. Join tips of thumb , middle, ring, index & little finger (all 5 fingers) touching each other down on navel level position. Start simple breathing with inhale and exhale through nose in this position for 2 minutes. Samana Mudra helps in improving digestion & frees from intestinal pain & cramps. It enhances liver function too.

## 4. VYANA MUDRA

Sit in a comfortable position. Join tips of thumb , index & middle finger touching, ring and little finger extended pointing towards the earth on navel level position. Start simple



breathing with inhale and exhale through nose in this position for 2 minutes. This mudra is very good to control blood pressure, improve blood circulation, and reduce fatigue n insomnia.

## **5. UDANA MUDRA**

Sit in a comfortable position. Join thumb , index & little finger touching , ring and middle fingers are extended, palm facing against the body on shoulder level. Start simple breathing with inhale and exhale through nose in this position for 2 minutes. It activates throat that energizes the head. It brings in the clarity of mind. This can be helpful for bad throat conditions.

## **KAPALBHATI Or (RAPID EXHALATION)**

Sit in any position of your liking. Keep your spine straight. Exhale air forcefully out from both nostril by contracting abdomen. During exhaling, abdomen should be pushed in. Do not inhale consciously. Let the air be inhaled automatically. Inhalation should be natural. This breathing exercise can be done from 5 minutes to 15 minutes.

Do not strain while doing this exercise. Be relaxed, of course keep spine straight. Do one exhale per second, that is 60



exhalations per minute. This breathing technique would give exercise / massage to inner body parts like stomach, large intestine, small intestine, liver, lungs etc.

This exercise should not be done by those suffering from high blood pressure, heart disease, gastric ulcer, hernia, epilepsy, vertigo. Please take advice from registered medical practitioner before starting any exercise.

### **ANULOM VILOM PRANAYAM Or (ALTERNATE NOSTRIL BREATHING)**

Sit in a steady position. Close the right nostril with your thumb and draw in air from the left nostril. Do this as slowly as you can, till your lungs are full. Now release the thumb and close the left nostril with your little finger. Then breathe out slowly through the right nostril. Next take the air in from the right nostril and then release it through the left nostril (after closing the right nostril with the thumb).

This is one round of Anulom Vilom Pranayama or (Alternate nostril breathing). Start with 5 rounds and increase it up to 20 rounds in one sitting. Also, the duration

of inhalation can start from 4 seconds; say 4  
second inhalation & 4 second exhalation  
and go up to 20 seconds or even beyond.



Anulom Vilom Pranayam or Alternative Nostril breathing cleans the life energy flow in the body. Purification of the energy channels , ensures proper supply of life energy to all the organs enhancing overall health of the body. It balances the two hemispheres of the brain , bringing about peace & tranquility. This removes toxins from the body. It can reduce weight in some practioner depending on their body constitution and is a good practice for obesity.

### **RAPID BREATHING (TO RELAX MIND)**

Sit in a comfortable position, keeping your both hands lifting upto the shoulders (in this position shown here). Simply inhale and exhale for 40 seconds ,then inhale with your neck stretching back, hold for 10 seconds in the same position , exhale slowly n come forward in normal position & relax. This Rapid Breathing will relax your mind , to go thoughtless, it stages fast to release tension on the spot. A person can go in deep meditation if done repeatedly.





## So How Good do You feel Now?

How Rejuvenated you are?

How Energized you are?

How Cleansed your body feel?

We now have faith that after exploring our product, you must be feeling all fresh.  
So let your heart dance to the tune of our music and step up to this brand new world of pure mind, body and soul.

Hale and hearty goes the Man , are you a **R.E.C.** fan?



*Earth*

*Water*

  
NO GYM BE SLIM

*The 5 Elements*  
*Adaptable*

*Fire*

*Air*

*Achieving Goals*

*Point of Gravity*

*Benevolence*

*Space*

*Clarity of Thoughts*





*Earth*  
*Space* *Water*  
*Air* *Fire*

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## THE FIVE ELEMENTS

### WHAT IS THE SIGNIFICANCE OF THIS MUSIC WITH CLASSICAL RAAGAS' ?

Music is mantra. It not only vibrates and soothes the mental strings, but also heals the organs of the body while establishing a harmony among them. This is how classical music generates new hope, joy and enthusiasm in the otherwise dull or depressed mind; and removes the disorders and relieves one of the untoward pressures and excitements of inferiority, despair, fear and anger. Because of its fast remedial effects, Music Therapy based on classical Ragas is being advised these days for the treatment of insomnia, migraine, hypertension, chronic headache and anxiety. Music therapy, while bringing an equilibrium between body and mind, ensures effective treatment of the psychosomatic disorders.

In this DVD, you will find the Classical Indian Music, which is beautifully composed on all the 5 ELEMENTS of our body. Through this music, we **NGBS** has taken an initiative to heal your entire body & mind that leads to awakening of the soul.

Human body is a perfect combination of five natural elements, which are known as **EARTH, WATER, FIRE, AIR & SPACE**. It depends on combination of different inputs such as food we eat, water we drink, the air we breathe, the fire of the stomach which helps digest the food, & the emptiness of the space inside

us which helps us to rejuvenate through breathing and meditation. Our mind gets better relaxed when we are near to these five elements. Please close your eyes & sit in a peaceful environment. Concentrate on the single tune of this Classical music , designed in such a way , which will open the DOORS of your FATE.

### **First Element, The Earth.**

All the bones, flesh, muscles and tissues in our body symbolically represent The Earth. With this music, you can consciously feel the existence of your body & its steadiness. You would feel your mood to be highly resistant to movement or changes. This leads you to a mental state of stability and collectiveness prompting us to sense the point of gravity within us. This music is composed in Raag Darbari. The live instruments used in this music are Sitar, Santoor, Coir, Flute, Pakhwaj, Guitar etc.

Raag Darbari (DarbariKaanada in Carnatic) and Bhairavi (SindhuBhairavi in Carnatic) are helpful in prolonging the state of meditation and thoughtless awareness. The notes of these raag help relax and calm the emotionally-related limbic area. The Kundalini energy then soothes and nourishes the Sahasrara chakra and the brain. The result is that one feels, joyous, energetic, peaceful and relieved of tension and depression. The person also enjoys the sensation of a cool breeze on the finger tips and achieves the state of Self-Realization or enlightenment.

## **Second Element, The Water.**

It is the most vital ingredient for all forms of life. Blood and other bodily fluids represent water inside the human body. It is characterized as the fluid and flowing. In this music, just feel yourself becoming flexible, adaptable, supple, growing and changing according to the environment. The environment within you has to be tuned for harmony with the environment outside you.

This music is composed in Raag Mia Malhaar . The live instruments used in this music are Mandolin , Flute , Santoor, Guitar, etc.

According to legend, Raag Malhar is so powerful that when sung, it can induce rainfall. It is possible that the rainfall that the legends speak of is in fact metaphorical of the state of mind brought about by the recital of the raag.

## **Third Element, The Fire.**

It is the most powerful & energetic. Fire stimulates growth and maintains order in ecological system. The heat inside the stomach makes us feel hungry and thirsty through our metabolic system. With this music , you will feel the drive & passion of your mental and emotional realms. The fire within you and outside you has to be balanced. As a result you are able to use desires, intentions, and motivation calmly, for achieving the goal of your life.

This music is composed in Raag Deepak . The live instruments used in this music are Sitar, Violin, Chelos, Pakhwaj, Swarlin, Santoor, Banjo Tuner, Guitar etc.

It is an ancient Raag. It is said that this raga had the power of creating fire. But no one is able to demonstrate its power today. Tansen is said to have performed this successfully by singing Deepak Raag and lighting the wicks. (Tansen was the famous court Musician of Akbar) It originates from poorvithaat.

#### **Fourth Element, The Air.**

Air surrounds us everywhere. What we breathe-in, is Air; what we breathe-out is Air. A body can't have life without air. It purifies our blood stream through respiration. With this music, you would feel the open minded attitude towards life. You will feel to grow, expand & enjoy the freedom of movement. This will bring clarity of thoughts, better Self-expression through communication and balance in our personality.

This music is composed in Raag Shivrangini . The live instruments used in this music are Flute, Rabab, Saxophone, Guitar etc.

Shivrangini Raag brings out karuna rasa (pathos) and lends itself for elaboration and exploration. It has many compositions in classical music and in film songs.

#### **Fifth Element, The Space ( Sky).**

The space surrounds us and represents things beyond, composed of pure energy. You have your own thoughts & creative energy. The philosophers set themselves to penetrate into the sky and get lost in the emptiness within them. This elevates them to generate the power to invent ...the power to create ... This music will help you to explore the space within you. As a result, you will be able to



explore the ability to think, create, invent and express higher values such as compassion, benevolence & wisdom.

This music is composed in Raag Girwani. The live instruments used in this music are Mandolin, Santoor, Guitar etc.

### **HOW THIS CLASSICAL MUSIC HEALS A PERSON?**

According to Dr. W. H. J. Wales, the Indian classical music can cure the problems of the digestive system, liver including the diseases like jaundice. Dr. Jane remarks that this music rhythmically vibrates the tissue-membranes of the ear and, relaxes the nerves and muscles beneath the temple and in the brain; as a result of which the sensory and motor systems are energized and activated.

For instance, in 1933, when the Italian dictator Mussolini was terribly suffering from insomnia, no medicine or therapeutic mode could help him get sleep. Pt. Omkarnath Thakur, a great shastric musician was visiting Europe around that time. When he heard of Mussolini's affliction, he agreed to perform remedial musical program to allay the latter's sufferings. His performance of the Raag Puriya indeed worked magically and Mussolini went into deep sleep within half-an-hour. This and similar incidents attracted the attention of many contemporary musicians, scientists and physicians and triggered research in music therapy.



## **CREDITS**

### **Concepted by:**

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### **Directed By:**

Shilpa Jain

### **PIT ORCHESTRA**

Music Composer : Punkaj Nutan | Assisted by : Rajendra Mahapatra

Guitar: Sir Somu Seal | Sitar: Sir Shukla

Mandolin : Sir Pradipto Sen Gupta

Pakhwaj & Banjo: Sir Chari | Swarlin & Tabla: Sir Iqbal

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