



India American Cultural Association (IACA)

50 Years of Community Service



IACA PRESENTS

Virtual Yoga Therapy With Sathiya Soman

Integrated Approach to Yoga Therapy (IAYT)

For targeted ailments including Diabetes, Hypertension, Backache and many more.

March 21, 2021 | 10am -11am

IAYT for Hypertension



These virtual sessions will throw light on **Asana, Pranayama, Meditation, Kriya and Ayurveda** based on individual health conditions.

Check out Saathiya's Nadi Shodhana Pranayama here

<https://www.facebook.com/SathiyaManuSoman/videos/1804678796342053>

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Golden Jubilee Grand Presenter
Drs. Leena and Pran Sood