



# 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**