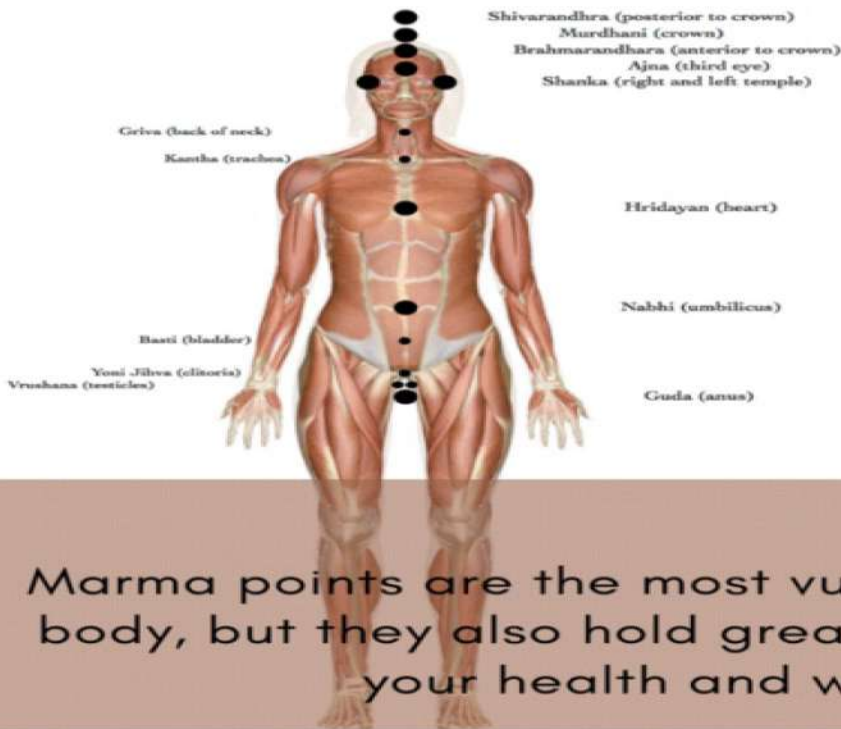


Marm Therapy

Sadyah Pranahara Marmani
& Extra Vital Marmani



Marma therapy is "the precise art of touching an individual in exactly the right place at a critical moment in time for the purpose of healing."
Dr. Vasant Lad

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Marma points are the most vulnerable areas of your body, but they also hold great potential to improve your health and well-being.

