

# Self-Guided Marma Point Therapy For Mind-Body Balance

According to the ancient Indian medical practice of Ayurveda, marmas are vital energy points of the body used for healing. This workshop will focus on some traditional formats of marma point self-massage for the scalp, face and hands, along with what scientific correlates exist.

Wednesday, July 24, 2024  
6:00 PM – 7:00 PM  
Dunlap Conference Center  
Fourth Floor | St. Clair Hospital

This event is part of a series of Ayurveda and yoga lifestyle medicine events with Uma Purighalla, MD.

Uma Purighalla, MD, has practiced internal medicine in the South Hills for the past 24 years. She is a certified yoga teacher and member of the National Ayurvedic Medical Association. Please join her to explore how to safely and effectively utilize the ancient precepts of yoga and Ayurveda to foster greater health and vitality.



Scan the QR code or visit [stclair.org/lifestylemedicineseries](https://stclair.org/lifestylemedicineseries) to register for this event.



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