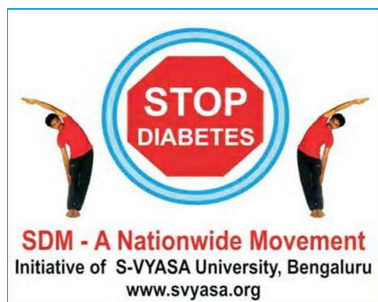


YOGA for Diabetes

STOP DIABETES MOVEMENT

www.svyasa.org



What is Stop Diabetes Movement (SDM)?

- A 20 hour yoga workshop designed by S-Vyasa Yoga University based on 30 years of research
- The goal of the workshop is diabetes prevention and control
- The workshop is delivered under the supervision of trained Yoga therapists and Yoga Teachers
- The workshop is for people who are above 18 years of age, pre-diabetics or have type 2 diabetes with a A1C below 9

To Register Contact:

Samita Apte : 978-399-4837

Indu Narayan : 978-806-5160

Raju Datla : 978-710-9507

Pankajben : 781-334-2968

Harshalbhai : 781-274-8786

Sudhir Parikh : 603-623-1930

Learn YOGA to manage your Diabetes

Workshop Outline

- YOGA Postures and Stretches
- YOGA Breathing and Relaxation
- Stress Management - Cyclic Meditation
- Diet and Nutrition for Diabetics



Registration:

- Enroll before 30th September 2014
Please call and /or e-mail
- Registration : Oct 5th Sun : 8 to 10 AM
Oct 6th Fri 7 to 9 pm (2014)
- Registration fee: \$150
(For registration please call or email in advance)

Workshop Details:

- Dates: Oct 8th Wed thru Oct 16th Thurs
- Time: Weekdays Mon thru Fri 7 to 9 pm
Weekend: Sat & Sun : 8 to 10 AM
Plz Note: Followed by One weekly 2 Hours Practice Sessions up to 11 Weeks.

- Venue: SATSANG Center

One Pleasant Street
Woburn MA 01801



In co-operation with SATSANG Center,
Sewa International Boston Chapter,
VHP-America, Nataraja Yoga Center,
Gayatri Parivar, Lokvani, YogaCaps,
Gurjar,

