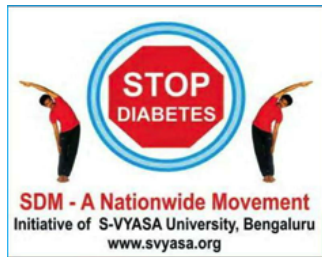


## YOGA Therapy for DIABETES- Workshop



### SATSANG Center

One Pleasant Street, Woburn MA 01801

June 22<sup>nd</sup> thru July 2<sup>nd</sup> '15

Week Days: 7 to 9:30 PM

Weekend: 8 to 10 AM

Satsangcenter1@yahoo.com

#### 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
- Life Style Issues: Mind Over Matter.....

#### What is Stop Diabetes Movement (SDM)?

- A 20 hour yoga workshop designed by S-Vyasa YOGA University based up on 30 years of research (www.svyasa.org)
- GOAL of Workshop is DIABETES Prevention and Management
- 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 A1C below 9, Gestational Diabetes during Pregnancy , Medium→High Risk*
- Registration fee: \$150 Plz Register in Advance ...

#### To Register Contact: (Please CALL or E-MAIL in advance)

SamitaApte : 978-399-4837

RajuDatla : 978-710-9507

Harshalbhai : 781-274-8786

[satsangcenter1@yahoo.com](mailto:satsangcenter1@yahoo.com)

Indu Narayan : 978-806-5160

Pankajben : 781-334-2968

Sudhir Parikh : 603-623-1930

[nirusudhir22@yahoo.com](mailto:nirusudhir22@yahoo.com)

*In CO-OPERATION with SATSANG Center, SEWA International, VHP-America, Gurjar, GayatriParivar, YOGA Caps, Nataraja YOGA Center, LOKVANI, The FOUNDATION TV, Gunjan Radio, Sounds of India, India New England, .....*

## Evaluate your DIABETES RISK Factors

<http://drmohansdiabetes.com/calculate-your-diabetics-risk-score-diabetics-check-up>

1. AGE
  - Under 35 - ..... 0 Point
  - Over35 : ..... 20 points,
  - Over 50 - ..... 30 points,
2. ABDOMINALOBESITY :
  - Female < 31.5 in, Male < 35.4 in - ..... 0 Points
  - Female 31.5 – 35 in Male 35.4-39 in- .....10 Points
  - Female > 35 in, Male> 39 in - ..... 20 Points
3. PHYSICAL ACTIVITIES - EXERCISE :  
MET – Metabolic Equivalent
  - Vigorous - Strenuous – Above 6 MET ..... 0 Points
  - Moderate ..... 3 to 6 MET ..... 10 Points
  - Mild – Light .....below 3 MET ..... 20 Points
  - No Exercise - SEDENTARY ..... 30 Points
4. FAMILY HISTORY :
  - Two Non-Diabetic Parents - ..... 0 Points
  - Either Parents - ..... 10 Points
  - Both Parents - ..... 20 Points

TOTAL SCORE: > 59 - High Risk,  
30 to 50 - Medium Risk, < 30 - Low Risk

*Stitch In Time to save Nine!!! Prevention is better than Cure!!!*

*If U R Indian (Asian), U have risk of 10%, Family History 40%, One parent - 25% (60%) and Both parents - 50% (80%) chance of getting Diabetes !!! Being Indian in itself is high Risk. One Indian among 5 Diabetes in the world.*

**BABA RAMDEV PRAN YOGA July 6<sup>th</sup>  
Mon thru 10<sup>th</sup> Fri 7 to 9:30 PM Contribution:  
\$100/-Plz Register in Advance**

#### ONGOING YOGA ACTIVITIES:

*Join for YOGA in SATSANG Center every SUNDAY Morning @ 8:15 Pankajben 781-334-2968 and Hansaben 617-965-9618*

*Also @ 10:30 AM by Harshalbhai 617-571-7266 and*

*Chandrakantbhai 781-272-4591 in Shishubharati – Lexington.*