

STOP DIABETES MOVEMENT

SDM is a 15-20 hr program designed to help diabetics to control & manage active diabetes. All the yoga practices are safe and proven by research to be helpful in management of diabetes. Trained and certified yoga teachers deliver this program.

OBJECTIVE OF THE PROGRAM:

- Prevent pre-diabetics from diabetes
- Convert severe diabetics to moderate to mild to diabetes free

RESEARCH EVIDENCE:

S-VYASA Yoga University, through 30 years of research has proven that yoga lifestyle can

- Normalize blood glucose
- Normalize Glycated Hemoglobin (HbA1C)
- Reduce bad cholesterol
- Increase good cholesterol
- Normalize weight and BMI
- Reduce oral medication
- Reduce anxiety & depression
- Improve quality of life

Post Camp resources available:

5 hour classes every Sunday
Access to a video for practice



Sewa International
Chicago Chapter

PROGRAM OUTLINE:

- Yoga postures and stretches
- Yoga breathing and relaxation
- Stress management through yoga
- Diet and nutrition for diabetics
- Attitude and Lifestyle Changes

PROGRAM DETAILS:

Register:

<https://sewausa.org/event-5241898>

Email: sewachicago@sewausa.org

Phone: 847-664-9144

Yoga Camp Details:

Dates: May 10, 2023 to May 19, 2023

Time: 6:00 - 7:30 pm CST

(all 10 sessions are mandatory)

Registration Cost: \$35/-

Includes Yoga For Diabetes book

100% of the fees donated to SEWA



FOR DIABETES