

Stop Diabetes Movement - SDM

Learn Yoga to manage your Diabetes!!

PROGRAM OUTLINE:

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

Start Date: Feb 19th, 2022

End Date: March 12th, 2022

Tue: 6 - 7:30 pm PST

Thu: 6 - 7:30 pm PST

Sat: 8 - 9:30 am PST

Sun: 8 - 9:30 am PST

(All sessions mandatory)

The zoom link will be provided upon registration

This session is Free for ALL



What is Stop Diabetes Movement (SDM)?

SDM is a 15-20 hour yoga program designed to help diabetics to control and manage active diabetes. All the yoga practices are safe and proven by research to be helpful in management of diabetes.

Objectives:

Therapeutic – To manage the existing diabetic condition

Preventive – To prevent from becoming diabetic

Program is delivered by trained and certified yoga teachers of Yoga Bharati.

Yoga Bharati (VYASA NorCal), a nonprofit, voluntary organization spreading Health, Happiness, Knowledge & Peace in life through a holistic approach to Yoga. SDM program is developed by SVYASA Yoga University based on their 30 years of research, which has proven that yoga lifestyle can change/impact:

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

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