

Yoga for Diabetes

STOP DIABETES MOVEMENT - SDM

What is Stop Diabetes Movement (SDM)?

SDM is a 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. The program is delivered under the supervision of medical doctors and trained yoga therapists.

AIM: Diabetes prevention and control

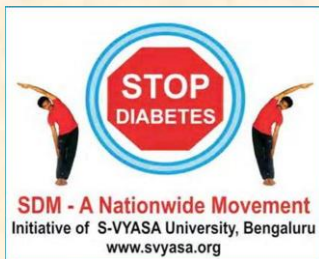
OBJECTIVE:

- **Primary:** Prevent pre-diabetics from diabetes
- **Secondary:** convert severe diabetics to moderate to mild to diabetes free

RESEARCH EVIDENCE: About the usefulness of yoga

S-VYASA Yoga University, through 30 years of research 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



VENUE (simultaneously at all these locations):

West - Arya Samaj, 14375 Schiller Road

Cypress – Endo.& Psychiatry Center, 9539 Huffmeister Rd

Sugar Land - Unique Indus. Product, 12600 Cardinal Mdw

Katy - Swasth Yoga Studio, 21020 Highland Knolls Dr

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
- Personal consultation from medical doctors



Consultation/Pre-Registration:

- **Enroll before Feb 15th, 2017**
- **Registration contact:** info-sdm@sewausa.org or Call/text 281 546 8202 / 713 834 4909
- **Screening Date: Saturday, Feb 18th (8-11 AM)**
- **Registration fee - \$150** (Completely refundable on successful completion of the program and 1 month of self-practice)

Note- Please bring your recent 90 days lab reports for fasting, random and post prandial sugar, Lipid profile and HbA1C reports and any related medical reports for your diabetes. You will have free pre-consultation with the medical doctors before beginning the yoga program.

Yoga Program/Camp Details:

- **Dates: Feb 24th to Mar 5th, 2017**
- **Time – Weekdays 6:30pm-8:30pm**
- **Saturdays & Sundays: 3:00 to 6:00 pm (all sessions compulsory, weekend sessions @ 4018 West Hollow Parkway)**



VYASA- Houston
Sewa International, Houston Chapter



To register contact: 281 546 8202 / 713 834 4909 or Email - "info-sdm@sewausa.org"