Are You Diabetic or Pre-Diabetic?

Join Madhumeha Mukta Bharat - Yoga Saptaha

Yoga Saptaha
21 to 27 June, 2015

YOGA is Bharat's greatest contribution to the World!
Suggested by our Prime Minister & supported by 177 member countries, June 21st (longest day of the year indicating light and wisdom) has been declared as the International Day of Yoga (IDY) by United Nations Organization (UNO).

VYASA, Bangalore - a pioneer global Yoga institute in association with Arogya Bharati & IYA commemorates the IDY by offering its nation-wide Stop Diabetes Movement in the form of Madhumeha Mukta Bharat - Yoga Saptaha to prevent Bharat becoming the global capital of Diabetes.

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Salient features

- Yoga taught under the guidance of Doctors
- Simple, easy yet effective techniques are taught
- No age bar, those who cannot sit on the floor or stand for a long time can also do Yoga using a chair
- Continued follow up for one year

For more details contact central office
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Seshadri Bhavan, No. 50, 4th Main Road, Chamrajpet,
Bengaluru -560018, Karnataka
Ph: 080-22639966
e-mail: vyasayogasaptaha@gmail.com

www.svyasa.edu.in
Two hour long sessions in each day of the Yoga Saptah will include:
- Breathing practices & Loosening exercises
- Asana & Surya Namaskara
- Pranayama & Cyclic Meditation
- Presentations by VYASA Experts.

Who Should attend the camp:
1. Those who are on medications for Diabetes
2. Those who have family history of Diabetes
3. Those who are Obese.

Camp details:
21 - 27 June, 2015 ; 6 - 8 am daily
Registrations & Screening
Pre-camp Blood test : 20 June, 2015
Register at the earliest & avail the benefits of Yoga Therapy

Instructions:
- Bring all your medical reports during registration
- Come in comfortable loose clothing and a Yoga Mat
- Come in empty stomach on 20th June 2015