



Stop Diabetes Saptah (Feb 20 - 28, 2021)

The advances in science and technology which have eased our way of life, are the result of the human mind working with an external focus. Something as commonplace as a video conference that we take for granted today, would have been a miracle, a couple decades ago. Comforts and conveniences of modern life, however, are not without caveat. Diseases like Type2 Diabetes have been slowly rising to epidemic proportions for several years now. Unlike the covid pandemic, type 2 diabetes is not caused by external means, but by the workings of our own mind.

Yoga shastras inform us that mental agitations can cause disruption in the pranic flow, which in turn percolates to the physical body, and cause '*adhija vyadhis*' or stress borne diseases like diabetes.

How do we heal from these imbalances to our system?

The answer lies in Rishi Vasishtha's profound statement, which is the cornerstone of Vivekananda Yoga's approach to health and well-being.

Manah Prashamanopayah Yoga Ityabhidhiyate

- Yoga Vasishtha

Yoga is a skillful trick to calm down the mind

At Vivekananda Yoga, we seek to increase physical activity and reduce mental chatter. We engage an often neglected, awareness aspect of the mind, so there's both inner healing and enhanced mental focus.

During the 10 days of daily yoga sessions aimed at diabetes management, you will learn the yogic approach to healing the body, asanas and pranayama practices that have been proven by several studies as being effective in diabetes management, and a supportive team of teachers who will guide you with their knowledge and experience.

According to the National Institute of Health, “Yoga improves glycemic control without increasing body weight, and some studies have found it to reduce body weight. Parasympathetic activation and the associated anti-stress mechanisms improve patients' overall

metabolic and psychological profiles, increase insulin sensitivity, and improve glucose tolerance and lipid metabolism.”

Per the Journal of Diabetes research published in Hindawi.com, “The findings of controlled trials published to date suggest that yogic practices may promote significant improvements in several indices of major importance in the management of DM2, including glycemic control, lipid levels, and body composition.”

Above all, the satsang of our health conscious Vivekananda yoga team will help overcome any lack of motivation in showing up at the mat.

Over a period of time, our non-serving mental patterns are replaced with emotions of love, a feeling of oneness, and increased energy to spread the light within. As the system bounces back to balance, we get to enjoy health at all levels.

Many of the current teachers at Vivekananda Yoga were people like you who wanted to take charge of their health, and explore the depths of their own selves, through Yoga. Join us Feb 20 - 28. More details can be found at: <http://www.vivekanandayoga.us/>.

Registration Link - <https://forms.gle/Xwsqzg1xTzhJMhJn6>

References:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6145966/>

<https://www.hindawi.com/journals/jdr/2016/6979370/>

