



Patanjali Yog Peeth (UK) Trust
UK Charity No. 1115370

Supporting & working with World Diabetes Day

by running

100,000 FREE YOG WORKSHOPS

around the world on

Saturday 14th November 2009

The diabetes workshop is based on a 5 principal approaches to attain good health and control diabetes. Yog, Ayurved, Acupressure, Naturopathy & Balance Living. Scientific studies have shown that yog can result in several health benefits for those suffering from diabetes. The findings suggest that the practice of yog can help to manage...

**WEIGHT
CHOLESTEROL
BLOOD PRESSURE
SUGAR LEVELS
STRESS**

To find out about the workshops in your area please contact info@pypt.org or visit www.pypt.org

**info@pypt.org
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world diabetes day
14 November