



Integrative Medicine & Health CLASSES

Yoga Therapy for Type II Diabetes

Thursdays – 6 to 7 p.m.
November 7 through December 19

Class Location – Red Wing
Mayo Clinic Health System
Seminary Professional Building
906 College Ave, Red Wing, MN
(Enter through door #6)

Cost: \$75/6-week session

Class Instructor:
Michele Hoffman, E-RYT, C-IAYT
Yoga Therapist
Mayo Clinic Health System

Research studies have shown that yoga based therapy for Type II diabetes can reduce blood sugar, hemoglobin A1c and medication dosage. Join us for this class and learn simple yoga therapy practices to lower stress hormones, blood sugar, heart rate, blood pressure and LDL cholesterol. We will also practice mindful eating to encourage healthier food choices and more enjoyment of the food that you eat.

This class will be led by Michele Hoffman, a certified yoga therapist, at Mayo Clinic Health System. Michele is certified by the International Yoga Therapist Association and has extensive education in anatomy, physiology and chronic health conditions. She has many years of experience applying the tools of yoga to reduce or eliminate low back pain.

Space is limited to 10 participants per class. Yoga mats will be provided.

For more information or to register, call 651-385-3338.