Control Your Diabetes with Food and Yoga

☯ Would you like better blood sugar control?
☯ Learn effective simple stress management techniques through the beauty of Yoga?
☯ Get motivated to eat whole and healthy food?

Join International yoga teacher Rachel Zinman and Diabetes Coach Hanna Boethius in this special workshop combining yoga, food and lifestyle approaches to inspire you to feel confident in managing your diabetes every single day

When: Fri June 3, 2016 - 18.30-21.30
Where: Arosastrasse 1, 8008 Zürich
Cost : 50 CHF
Contact: me@hannaboethius.com
bookings: http://www.hannaboethius.com/workshop/



Hanna is a coach, writer and speaker who has lived with type 1 Diabetes for 30 years. She offers motivational and inspiring ways to bring about change in diabetes management and has a profound understanding of how nutrition and lifestyle choices can balance diabetes.

Rachel Zinman is a senior yoga teacher and teacher trainer and type 1 Diabetic with over 30 years experience teaching nationally and internationally. She is currently completing a book on Yoga for Diabetes.

