



DIABETES HEALING PROGRAM



PROGRAM DETAILS



DISEASE COVERED IN THE DIABETES HEALING PROGRAM

**Type 1 Diabetes
Type 2 Diabetes
Gestational Diabetes**

**This 10 Month Online Program offers the
flexibility and convenience to engage with the
program at your own pace, whenever and
wherever it suits you.**



INTRODUCTION

Living with diabetes can feel like a constant battle, but what if there was a holistic approach that could bring balance and harmony back into your life? Welcome to “Yogtec”, Where we believe in the power of yoga and naturopathy to heal not just the body, but the mind and spirit as well. Introducing "Yogtec" – our specialized online program designed to support individuals on their journey towards diabetes healing and management.

We understand the importance of nurturing the body, mind, and spirit in achieving optimal cardiovascular health, and our program is meticulously crafted to support you every step of the way.

Imagine a program that empowers you to take control of your diabetes journey naturally, without relying solely on medications. "Yogtec" offers a comprehensive approach that integrates the ancient wisdom of yoga with the principles of naturopathy to help you achieve optimal health and well-being



HOW OUR PROGRAM HELPS IN HEALING

HOLISTIC HEALING

Our program takes a holistic approach to diabetes management, addressing not only the physical symptoms but also the emotional and mental aspects of the condition. We believe in treating the whole person, not just the disease.

YOGA FOR DIABETES

Discover the therapeutic benefits of yoga tailored specifically for individuals with diabetes. Our gentle yoga practices are designed to improve blood sugar control, enhance insulin sensitivity, and promote overall vitality and wellness.

NATUROPATHIC REMEDIES

Explore natural remedies and lifestyle modifications rooted in naturopathic principles to support diabetes healing. From dietary changes to herbal supplements, we offer practical and effective strategies to help you manage your condition naturally.



MIND-BODY CONNECTION

Learn techniques to reduce stress, promote relaxation, and cultivate mindfulness, all of which play a crucial role in diabetes management. By nurturing the mind-body connection, you can enhance your body's ability to heal and thrive.

We provide flexible catering of time slots to the client , in accordance to thier time zones and time slots they want to enroll . So no need to worry about different times zones , we got you covered !

We are catering our services in Timezones -:

**INDIA
US (CST,EST,PST)
AUSTRALIA
UNITED KINGDOM
UAE**



YOGA SESSIONS WITH BEST HEALERS

Sessions will Cover all the Deep & Combined Forms of Ancient Yogic Technique to heal the "DIABETES DISEASE"

**HATHA YOG
RESTORATIVE YOG
YIN YOG
VINYASA YOG**

Our online platform offers the flexibility and convenience to engage with the program at your own pace, whenever and wherever it suits you. Whether you're managing a cardiovascular condition or seeking to prevent future issues, "Yogtec" provides the resources, support, and community you need to thrive.



NATUROPATHY

What would be provided in Naturopathy Counselling

- **Explore natural remedies**
- **Lifestyle modifications rooted in naturopathic principles to support in DIABETES DISEASE HEALING**
- **We offer practical and effective strategies to help you manage your condition naturally**

NUTRITIONIST

What would be provided in nutrition Counselling

- **Expertise, nutritionists empower patients to adopt healthy eating habits**
- **Create balanced meal plans**
- **Weekly diet plan**
- **Helping individuals make informed food choices**



THANK YOU