



Newsletter

23/09/21

Issue 8

Together we can empower each other

Zoom Activities in the Pandemic

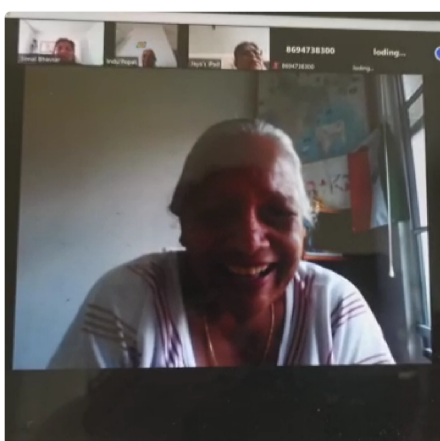
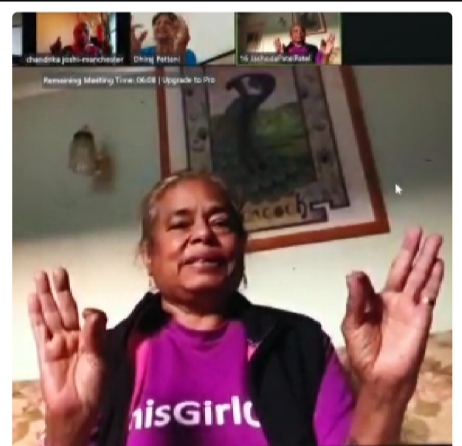
We have been continuing doing out online activities on Zoom through the pandemic. These have really helped us stay connected to one another as well as allowing us to still practice our meditation, mudra, yoga and other activities together.

Below we have the pictures of some of the regular classes we have been running each week.



Yog Mudra Zoom Sessions

Here is an image from one of our yog Mudra sessions where we learned five different mudras to help with diabetes. we then finished of the session by doing 50 om chants



Session on lowering Calories and gaining energy

Here is an image from our talk on lowering calories for managing weight and we also talked about gaining energy

Find out more about the activates we run on our website

www.diabetesselfhelpgroup.co.uk