

YOGA for Diabetics

YOGA for Diabetics combines gentle yoga with discussions on dealing with diabetes. You will learn safe and comfortable movements, breathing practices and relaxation techniques such as imagery and meditation.

Yoga for Diabetics is just one hour per week for eight weeks!

Join us for all eight classes for **FREE!**

Saturday, October 21 through December 16, 10:00am-11:00am

Nebraska Methodist College 70 N 87 Street (NE of 90th and Dodge)

Meet the Instructors:

Vicki Herron, ERYT 500/YACEP

As a Certified Yoga Instructor with over 17 years combined yoga practice experience and yoga teaching, Vicki Herron will assist you in your 8 week process and help you become comfortable with all of the postures and meditation. As an experienced, registered ERYT-500 Instructor, she will work individually and as a group on posturing, alignments, adjustments and ensure varying needs are met. Anyone can do yoga!

Vicki's goal is to help everyone succeed with their practice and to enjoy the benefits of a regular yoga practice to help manage diabetes. Vick has worked with practitioners with injuries, physical disabilities, diabetes and terminal illness. As a Yoga Alliance Continuing Education Professional (YACEP), Vicki has trained and certified as well as run yoga instructor programs. She has experience in varying types of yoga including traditional Hatha, Vinyasa, Yin and guided meditation.

Larry Heim, ERYT-200 RYT-500, YACEP, and his wife, **Marie-Noëlle Walsh**, RYT-500, are certified in the Barkan Method of Hot Yoga, Levels I, II and III. They own and operate a studio in York, Pennsylvania. Their mission is to bring the benefits of yoga to people who to people who may not otherwise be exposed to its benefits. The sign as you enter their studio reads "Never too young, never to old, never to ill." Larry has had 564 hours of yoga certification training and nearly 2,000 hours of teaching experience. He is also a twenty-eight year cancer survivor. He and Marie-Noelle have both been trained as a teachers of Yoga for the Chronically Ill, and have developed and taught a hospital based program for breast cancer survivors for many years. Marie-Noelle has two siblings that suffer from diabetes so they decided to adapt the program to suit the needs of diabetic patients, and to offer it to hospitals across the country.

Please RSVP to:

Contact Jillian Sisson, MSN, RN @ 402-354-7129

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