

YOGA FOR BLOOD SUGAR, STRESS & WEIGHT LOSS

✓ IOLEBA's 6 Week Focused Program

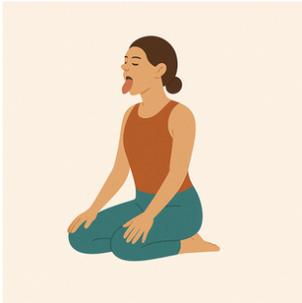
Week 4

Pose 23

✓ Pose 23: Lion's Breath

Sanskrit: Simhasana

Focus: Emotional release, breath control, detoxification



🔄 How to Do It

Sit on your knees or in a chair. Place hands on thighs.
Inhale deeply through the nose. Exhale with a forceful "ha!" through the mouth, sticking out your tongue and widening your eyes.
Repeat 3–5 rounds.

🔬 Science Spotlight

Lion's Breath has been studied in stress-reduction trials and shown to reduce blood pressure and sympathetic nervous system dominance within 3–5 minutes of practice.

✨ **Benefits for Diabetes & Weight Loss**
Releases tension and suppressed emotion
Stimulates throat and facial muscles
Clears blocked energy and supports hormone balance

Pose 24

✓ Pose 24: Legs-on-Chair Pose

Modern Adaptation

Focus: Stress relief, lymphatic drainage, improved circulation



🔄 How to Do It

Lie on your back. Place calves on a chair seat or couch, knees at 90 degrees.
Arms by your sides or on belly. Close your eyes. Rest 5–10 minutes.

🔬 Science Spotlight

A 2020 diabetes rehab study found that supported leg elevation (like legs-up-the-wall or chair) helps reduce fluid retention and improves parasympathetic activation for blood pressure and glucose control.

✨ **Benefits for Diabetes & Weight Loss**
Drains excess fluid from legs
Reduces stress and anxiety
Supports sleep and nervous system reset



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Week 4

Pose 21

✓ Pose 21: Boat Pose

Sanskrit: Navasana

Focus: Core activation, digestion, metabolic stimulation



🕒 How to Do It

Sit tall. Lift your legs to a 45-degree angle, keeping spine straight. Extend arms forward. Hold for 20–45 seconds, then release.

Note: Repeat of Pose #9 for extended purpose

📖 Science Spotlight

A study in Obesity Yoga Journal noted that core-focused poses like Navasana enhance glucose metabolism by increasing mitochondrial activity and insulin receptor sensitivity in abdominal muscles.

🌟 Benefits for Diabetes & Weight Loss

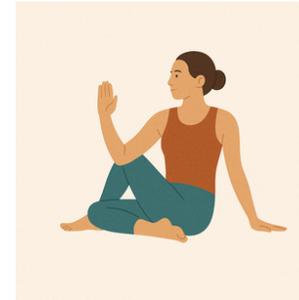
Strengthens abdominal muscles
Stimulates the digestive tract and pancreas
Improves posture and focus

Pose 22

✓ Pose 22: Half Lord of the Fishes

Sanskrit: Ardha Matsyendrasana

Focus: Deep spinal twist, liver and pancreas stimulation



🕒 How to Do It

Sit with both legs extended. Bend right knee and cross it over the left. Place right hand behind you, left elbow outside the right knee. Twist gently to the right. Hold for 30–60 seconds. Switch sides.

📖 Science Spotlight

Twisting poses like Ardha Matsyendrasana have been shown to activate internal organ function through gentle compression, improving liver enzyme activity and insulin function (2023 study in Yoga & Digestive Science).

🌟 Benefits for Diabetes & Weight Loss
Detoxifies liver and kidneys
Improves spinal mobility
Aids digestion and glucose processing



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Pose 19

✓ Pose 19: Triangle Pose

Sanskrit: Trikonasana

Focus: Opens hips and spine, improves digestion, increases circulation



🕒 How to Do It

Stand with feet wide. Turn your right foot out. Extend arms parallel to the floor.

Reach your right hand toward your shin or ankle, left arm to the sky.

Look up or forward. Hold for 30–60 seconds. Switch sides.

🔬 Science Spotlight

A 2022 meta-study in Therapeutic Movement for Metabolism found that standing lateral stretches like Triangle Pose support glucose uptake in peripheral muscles and stimulate abdominal organs through elongation and twist.

🌟 Benefits for Diabetes & Weight Loss

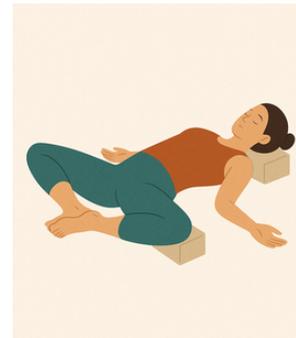
Stimulates the pancreas, kidneys, and intestines
Increases core strength and mobility
Improves lymphatic drainage and detox pathways

Pose 20

✓ Pose 20: Reclining Bound Angle Pose

Sanskrit: Supta Baddha Konasana

Focus: Restorative hip opening, stress reduction, blood flow to reproductive and digestive organs



🕒 How to Do It

Lie on your back. Bring soles of your feet together, knees open wide.

Place pillows under each knee if needed.

Rest arms by your sides.

Hold for 2–5 minutes.

🔬 Science Spotlight

Restorative poses like Supta Baddha Konasana have been linked to reduced cortisol and improved sleep in women with metabolic syndrome, per a 2021 University of Arizona study.

🌟 Benefits for Diabetes & Weight Loss

Supports relaxation and emotional release
Improves circulation in pelvic region
Enhances digestion and hormone balance



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