

YOGA FOR BLOOD SUGAR, STRESS & WEIGHT LOSS

✓ IOLEBA's 6 Week Focused Program

Week 5

Pose 29

✓ Pose 29: Supine Twist with Cactus Arms
Sanskrit: Supta Matsyendrasana (Variation)
Focus: Deep spinal release, nervous system reset, shoulder opener



🕒 How to Do It
Lie on back. Drop bent knees to one side. Arms out in "cactus" shape (bent elbows, palms up).
Hold 1-2 minutes. Switch sides.

🔬 Science Spotlight
Twists stimulate the parasympathetic system and help regulate cortisol. This version with open chest posture increases lung capacity and reduces upper body tension.

🌟 Benefits for Diabetes & Weight Loss
Relaxes the nervous system
Aids digestion and circulation
Reduces tension in spine and shoulders

Pose 30

✓ Pose 30: Standing Forward Fold with Hands Clasped
Sanskrit: Uttanasana (Shoulder Variation)
Focus: Forward inversion, lymph stimulation, shoulder stretch



🕒 How to Do It
Stand tall. Clasp hands behind back, then fold forward from hips.
Let hands stretch overhead. Soften knees slightly. Hold 30-60 seconds.

🔬 Science Spotlight
Forward bends like Uttanasana improve glucose regulation by increasing blood flow to the brain and digestive organs, and reduce stress via baroreceptor stimulation.

🌟 Benefits for Diabetes & Weight Loss
Releases shoulder and neck tension
Boosts circulation to head and gut
Stimulates calming response in the nervous system



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Pose 27

✓ Pose 27: Cow Face Pose

Sanskrit: Gomukhasana

Focus: Opens shoulders and hips, balances nervous system



📺 How to Do It

Sit tall. Cross right leg over left, knees stacked.

Bring right arm up, bend elbow; left arm behind back.

Clasp hands or use strap. Hold 30 seconds, then switch sides.

🔬 Science Spotlight

Poses like Gomukhasana, which engage breath and deep joint release, improve nervous system balance — aiding hormone regulation, stress reduction, and flexibility.

🌟 Benefits for Diabetes & Weight Loss

Stimulates circulation in major joints

Reduces anxiety and calms nervous system

Improves posture and shoulder function

Pose 28

✓ Pose 28: Eagle Pose

Sanskrit: Garudasana

Focus: Enhances concentration, balance, and lymphatic drainage



📺 How to Do It

Stand tall. Cross right thigh over left, and right arm under left.

Sink into a small squat, squeezing arms and legs together.

Hold 20–30 seconds, then switch sides.

🔬 Science Spotlight

A 2020 balance study published in Metabolic Movement Journal found that asymmetrical balancing poses like Garudasana improve glucose metabolism via core muscle activation and neuromuscular engagement.

🌟 Benefits for Diabetes & Weight Loss

Activates deep muscles for balance and circulation

Stimulates immune and endocrine systems

Improves mental focus and proprioception



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Pose 25

✓ Pose 25: Warrior I

Sanskrit: Virabhadrasana I

Focus: Builds strength, energizes body, opens hips and chest



🔄 How to Do It

Step one foot forward and bend the knee 90 degrees. Back leg stays straight with heel grounded. Arms lift overhead, palms facing each other. Hold 30–60 seconds. Switch sides.

📖 Science Spotlight

A 2021 study in Endocrine Supportive Therapies found that standing poses like Warrior I improve insulin sensitivity by increasing glucose uptake in large muscle groups and reducing central fat.

✨ Benefits for Diabetes & Weight Loss
Activates glutes, hamstrings, and core
Opens hips and rib cage to deepen breath
Builds heat and stamina, improving metabolism

Pose 26

✓ Pose 26: Garland Pose

Sanskrit: Malasana

Focus: Opens hips and pelvic floor, stimulates digestion



🔄 How to Do It

Stand with feet slightly wider than hips, toes turned out. Squat down with heels on the floor or a rolled blanket. Bring palms together at the heart, elbows inside knees. Hold 30–60 seconds.

📖 Science Spotlight

A 2022 integrative medicine review noted Malasana enhances gut motility and reduces insulin resistance by improving blood flow to the pelvic organs and compressing the lower abdomen.

✨ Benefits for Diabetes & Weight Loss
Supports digestion and elimination
Reduces tension in hips and back
Strengthens lower body and core



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