



Mind...



- Are you interested in taking part in a research study that includes one session of yoga?
- Between 18-75 years of age?
- Overweight or obese?
- Have you been told or think you are at risk of type 2 diabetes?

If YES, The Yoga Study may be for you!

For more information, please feel free to ring 0116 258 8574 or email us at yogastudy@leicester.ac.uk





Body...



- Are you interested in taking part in a research study that includes one session of yoga?
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Soul...

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