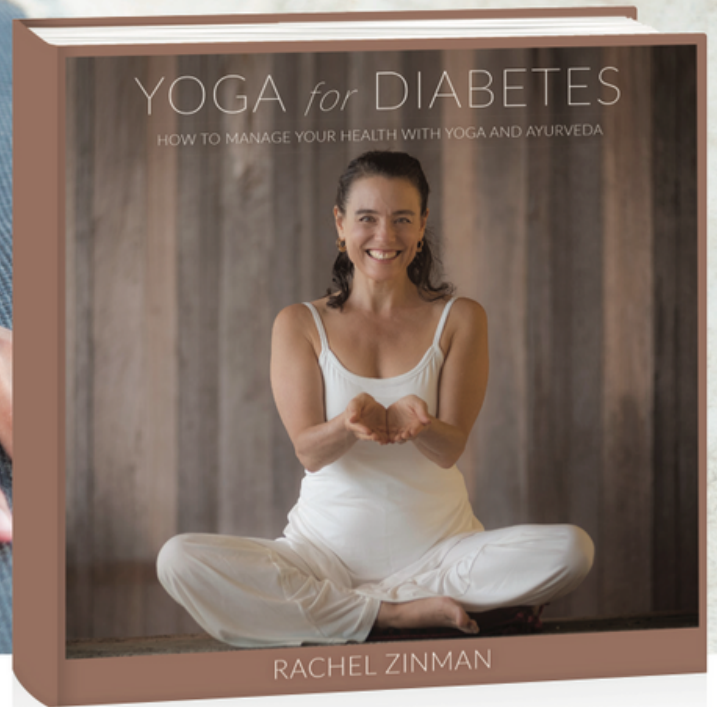




BOOK LAUNCH



WHEN: November 16, 2017 at 7 pm

WHERE: Magers & Quinn Booksellers
3038 Hennepin Ave South
Minneapolis, MN 55408
612-822-4611
www.magersandquinn.com

"I urge you to read this book and find out how easy it is to implement a powerful healing yoga practice in your life."

Mark Whitwell, Yoga of Heart

"Rachel does a beautiful job of integrating western physiology, yoga and Ayurveda into a fluid practice that can be tailored to our individual needs"

Lisa Nelson MD
Director of Medical Education,
Kripalu Center for Yoga and Health

Magers and Quinn invites you to celebrate the launch of *Yoga for Diabetes*, a new book by renowned yoga teacher and type 1 diabetic Rachel Zinman. Bringing the beautiful healthful practice of yoga to those living with diabetes, this book is for everyone ready to get motivated and inspired with yoga. Rachel will be reading from her favorite passages, answering questions, signing books and sharing user friendly yoga practices for everyone. No prior diabetes or yoga experience required! Please join the merriment as we launch the career of a new exciting author.

"*Yoga for Diabetes* is a highly motivational and personalized guide to inspire readers to incorporate yoga into their daily diabetes management plan. Complete with questionnaire, inspiring photography and art, readers are gently guided to achieve better blood glucose levels, less stress and radiant health and well-being no matter what their age or level of experience."