

## SO YOU WANT TO DO YOGA? AND YOU HAVE OSTEOPOROSIS...



**AWARENESS** 

**BALANCE** 

WITH LOW BONE DENSITY AVOID:

WEIGHTBEARING

**SPINAL EXTENSION** 

**MENTAL CALM** 

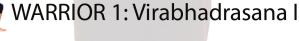
ROUNDING POSES: Uttanasana, Paschimottanasana, Sarvangasana



DEEP TWISTS: Matsyendransana, Parivrtta Trikonasana



DEEP HIP STRETCHES: Pigeon Pose (Eka Pada Rajakapotasana)







## SO YOU WANT TO DO YOGA FOR YOUR BONES?



FOR MORE INFORMATION CONTACT
THE BONE HEALTH AND OSTEOPOROSIS FOUNDATION