

SO YOU WANT TO DO YOGA FOR YOUR BONES?

RECOMMENDED POSES:



BALANCE



DYNAMIC ALIGNMENT



LEG STRENGTH



SPINAL EXTENSION

**FOR MORE INFORMATION CONTACT
THE BONE HEALTH AND OSTEOPOROSIS FOUNDATION**

WWW.BONEHEALTHANDOSTEOPOROSIS.ORG • 1-800-231-4222

ALIGNMENT

AWARENESS

BALANCE

WEIGHTBEARING

SPINAL EXTENSION

MENTAL CALM

*WITH LOW BONE DENSITY
AVOID:*



FORWARD BENDS: Uttanasana
Paschimottanasana



PLOW: Halasana



SHOULDER STANDS: Sarvangasana,



DEEP TWISTS: Matsyendrasana,
Parivrtta Trikonasana



DEEP HIP STRETCHES: Pigeon Pose (Eka Pada
Rajakapotasana)



OVERPRESSURE FROM TEACHERS

**FOR MORE INFORMATION CONTACT
THE BONE HEALTH AND OSTEOPOROSIS FOUNDATION**

WWW.BONEHEALTHANDOSTEOPOROSIS.ORG • 1-800-231-4222