

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

ALIGNMENT

AWARENESS

BALANCE

WEIGHTBEARING

SPINAL EXTENSION

MENTAL CALM

WITH LOW BONE DENSITY

AVOID:



ROUNDING POSES: Uttanasana,
Paschimottanasana, Sarvangasana



DEEP TWISTS: Matsyendrasana,
Parivrtta Trikonasana



DEEP HIP STRETCHES: Pigeon Pose (Eka Pada
Rajakapotasana)



WARRIOR 1: Virabhadrasana I



OVERPRESSURE FROM TEACHERS

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

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

SO YOU WANT TO DO YOGA FOR YOUR BONES?

RECOMMENDED POSES:



BALANCE



DYNAMIC ALIGNMENT



LEG STRENGTH



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