So you want to do Yoga? and you have Osteoporosis...

WITH LOW BONE DENSITY

AVOID:

- ROUNDING POSES: Uttanasana, Paschimottanasana, Sarvangasana
- DEEP TWISTS: Matsyendransasana, Parivrtta Trikonasana
- DEEP HIP STRETCHES: Pigeon Pose (Eka Pada Rajakapotasana)
- WARRIOR 1: Virabhadrasana I
- OVERPRESSURE FROM TEACHERS

For more information contact:
National Osteoporosis Foundation
NOF.org
1(800) 231-4222
So you want to do YOGA for your BONES?

RECOMMENDED POSES:

BALANCE

DYNAMIC ALIGNMENT

LEG STRENGTH

SPINAL EXTENSION

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