

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

NOF.org



**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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