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

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:
National Osteoporosis Foundation
NOF.org
1(800) 231-4222

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