

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: Matsyendransasana,
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



FOR MORE INFORMATION CONTACT
THE BONE HEALTH AND OSTEOPOROSIS FOUNDATION
WWW.BONEHEALTHANDOSTEOPOROSIS.ORG • 1-800-231-4222