

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



ALIGNMENT

AWARENESS

BALANCE

WEIGHTBEARING

SPINE 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:
TheraPilates® Physical Therapy
920-A 41st Avenue
831-476-3100**

TheraPilates.com





So you want to do YOGA for your BONES?

RECOMMENDED POSES:



BALANCE



DYNAMIC ALIGNMENT



LEG STRENGTH



SPINAL EXTENSION



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