







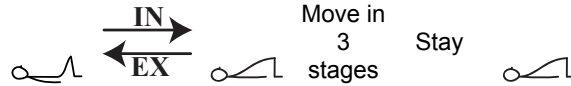

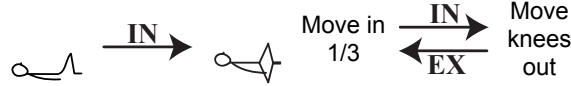


Yoga for happy bones (for active adults with osteoporosis)

<p>1</p> 	<p>COMFORTABLE RESTING POSITION. Get settled in a comfortable resting position of your choice. Deepen your inhalation and lengthen your exhalation/ 6 breaths. Feel the weight of your body on the floor, sense your bones. How do you feel about your bones right now? Do you trust them to support you? Stay aware of how you feel for the next several breaths.</p>
<p>2</p> <p>A.  B. </p>	<p>FINGER / TOE MOBILIZATION. To feel the movement in and increase circulation to the fingers and toes. Continue to breathe deeply. Spread your fingers out. A. EX: Touch your thumb to the palm of your hand. IN: Extend it out. Repeat with each finger. B. EX: Curl your fingers into fists and curl your toes. IN: Spread them out /Repeat 4x.</p>
<p>3</p> 	<p>ANKLE / WRIST MOBILIZATION. To feel the movement in and increase circulation to the ankles and wrists. Repeat 4x.</p> <p>Bend your knees and place your hands on your knees. IN: Point your fingers and your toes up. EX: Point your fingers and your toes down.</p>
<p>4</p> 	<p>ELBOW / KNEE MOBILIZATION. To feel the movement in and increase circulation to the elbows and knees. Repeat 6x.</p> <p>Begin on your back with your knees bent, arms along the body. EX: Extend your R leg up and touch your L hand on your L shoulder. IN: Return to the starting position. Continue, alternating sides.</p>
<p>5</p> 	<p>WIND RELEASE POSE / APANASANA IN 3 STAGES. To loosen up the lower back and hips. Continue for 4 breaths.</p> <p>Begin on your back with hands over your knees. EX: Gradually contract your abdomen and move the knees in the direction of the chest. IN: Move the knees away from the chest. Continue to move like that, with every repetition bringing your knees closer toward your chest.</p>
<p>6</p>  <p>Hold </p>	<p>ONE KNEE PRESS. To strengthen the abdomen and hips. Repeat 4x, then hold for 4 breaths. Switch sides.</p> <p>Begin on your back with your knees bent, L foot on the floor, R leg up, R hand in front of your R knee. EX: Press your knee and your hand into each other. IN: Extend your R arm up and your R leg down along the ground. Repeat 4x, then apply pressure on the knee and stay there.</p>
<p>7</p>  <p>Move in 3 stages Stay </p>	<p>BRIDGE POSE / DVIPADA PITHAM IN 3 STAGES. To strengthen and stabilize the hips. Repeat 3x, stay for 3 breaths.</p> <p>Begin on your back, knees bent, feet together, arms extended along the body. IN: Roll your hips up slightly. EX: Roll your hips down. Continue to move like that, with every repetition rolling your hips up a bit higher. Then roll up and stay up for 3 breaths.</p>
<p>8</p>  <p>Move in 1/3 Move knees out</p>	<p>SUPINE BOUND ANGLE / SUPTA BADDHA KONASANA. To stretch and strengthen the inner thighs. Repeat 6x.</p> <p>Begin on your back, knees bent, feet on the floor, arms extended along the body. IN: Bring your knees apart. EX: Move your knees in toward each other 1/3 of the way. IN: Move your knees apart.</p>

Yoga for happy bones (for active adults with osteoporosis)

<p>9</p>	<p>SUNBIRD POSE / CHAKRAVAKASANA. To loosen up the lower back. Repeat 4x.</p>	<p>Begin on your hands and knees. IN: Lift your chest forward and up, away from the navel. EX: Progressively contract your abdomen as you bring your elbows down. Keep your tailbone up. Alternatively, stand in front of the chair and place your hands on the back of the chair. EX: Bend forward a bit. IN: Lift back up.</p>
<p>10</p>	<p>MOUNTAIN POSE / TADASANA HEEL RAISES IN 3 STAGES. To improve balance and structural integration of the entire body. A. Repeat 3x. B. Repeat 3x.</p>	<p>Begin standing with your feet hip-distance apart. A. IN: Sweep your arms out and lift your heels slightly off the floor. EX: bring your arms and heels down. Continue to move like that, with every repetition lifting your heels and your arms higher. B. Stay up. EX: Lower your heels and your arms a bit. IN: Lift back up.</p>
<p>11</p>	<p>WARRIOR / VIRABHADRASANA 1 AND 3 COMBO. To strengthen and stabilize the entire body. A. Repeat 3x. B. Transition. C. Repeat 3x. Then stay for 4 breaths. Hold on to the chair if necessary.</p>	<p>Begin standing with your R foot forward, arms by your sides. A. Shift the weight of your body to the front foot, raise your arms and your back heel up. EX: Return to the starting position. B. Bend your front knee and plant your back heel. C. Extend your arms back. IN: Lift your back heel up. EX: Plant your heel down. Repeat 4x, then stay in the pose. IN: Expand your chest. EX: Plant your back heel and hug your belly in.</p>
<p>12</p>	<p>CHAIR POSE / ARDHA UTKATASANA. To strengthen the hips, legs, and back. Repeat 4x, hold for 2-4 breaths pressing your knees out. Hold on to the chair if necessary.</p>	<p>Begin standing with both arms extended up. EX: Contract your abdomen, bend your knees, and hinge slightly forward at your hips, placing your hands on your outer thighs. IN: Lift back up into the starting position. Repeat 4x times, then move into the squat and stay there. EX: Press your knees outward while resisting with your hands, and progressively contract the abdomen.</p>
<p>13</p>	<p>STANDING TWIST. To mobilize the spine and strengthen the shoulders. Repeat 3x on each side.</p>	<p>Begin standing with your feet wide apart and your arms extended out to the sides. A. EX: Turn your upper body to your R and move your L hand toward your R hand and look at them. IN: Return to the starting position. Continue, alternating sides. Keep your feet planted.</p>
<p>14</p>	<p>GODDESS POSE. To strengthen the hips and legs. Repeat 4x, stay for 4 breaths. Hold on to the chair if necessary.</p>	<p>Begin standing with both arms extended up, feet wide apart, toes turned out. EX: Bend your knees, pull them out to the sides and place your hands on your knees. IN: Stand back up, arms up. Repeat 4x, then bend your knees and stay there for 4 breaths. IN: Lengthen the spine and pull the knees apart. EX: Gradually contract your abdomen.</p>
<p>15</p>	<p>MOUNTAIN POSE / TADASANA. Stand tall, breathe deep. Feel the stability of your body in this position, sense your bones. How do you feel about your bones right now? Do you trust them to support you? Stay aware of how you feel for the next several breaths.</p>	
<p>16</p>	<p>FINGER FLICKS. Sit down in a chair and place your hands on your knees, palms up. With each hand: Place your thumb at the base of your index finger. Slide your thumb along your finger and over the tip, and then flick it. Repeat with each finger.</p>	

17



MURTI MUDRA. Interlace the fingers of both hands with your R thumb on top. Extend your little fingers and rest them against each other. Place your hands on your lap. Breathe deeply and slowly. IN: Imagine drawing the air in through your nose and down into the belly. EX: Imagine directing the energy from your belly down through your legs into the ground. Keep your spine long and buoyant. With every inhalation imagine cultivating the sense of buoyancy, and with every exhalation imagine cultivating the sense of stability and support. Continue for 5 minutes. Then see if you can cultivate both feelings (of stability and ease) at once. IN/EX: Repeat mentally: I am stable, I am at ease (if it works for you). Continue for 6 breaths. Afterward, check in and notice how you feel.