

Reversing Osteoporosis Naturally

Primary Series, Version A

If you are a woman 40 or older this is an excellent exercise routine for maintaining as well as strengthening bone density.

The exercises in this routine are yoga-based and specifically designed for someone who has been diagnosed with Osteopenia / Osteoporosis. It is extremely beneficial for strengthening and building bone mass without compromising joints or inducing fractures.

It is recommended you do the practice every other day for 2-4 weeks. Each posture/stretch is held for 30 seconds. After 2-4 weeks practicing Version A, your body is ready to learn the Primary Series, Version B.

Mountain

Half Moon – Right & Left

Tree – Right & Left (supported by wall if needed)

Warrior II – Right & Left (supported by wall if needed)

Warrior II, Side Angle – Right & Left (supported by wall if needed)

Triangle – Right & Left (supported by wall if needed)

Supine Hand to Foot I – Right & Left (with Yoga Strap)

Supine Hand to Foot II – Right & Left (with Yoga Strap)

Bridge (may be assisted with a block)

Knee to Chest

Corpse Pose – Note – Do NOT skip this part of the practice. This is just as important as the weight bearing exercises.

Explanation Of Each Posture/Stretch

Mountain

Big toes together, looking straight ahead, chin parallel to the floor. Press feet down into the mat and maintaining this extend up thru the crown of the head. Bring the hands out to the sides, palms facing forward and fingers spread. Hold for 5 breaths/30 seconds.

Half Moon – Right

Big toes together, looking straight ahead, chin parallel to the floor. Press feet down into the mat and maintaining this extend up thru the crown of the head. Bring the hands to your heart center. Inhale and bring the arms alongside the ears. Interlace the fingers in temple position. As you exhale press the RIGHT foot into the mat and press the RIGHT hip to the RIGHT. The torso moves to the LEFT. Continue to press down into the RIGHT foot and extend up the entire right side of the body. Hold for 5 breaths/30 seconds.

Half Moon – Left

Big toes together, looking straight ahead, chin parallel to the floor. Press feet down into the mat and maintaining this extend up thru the crown of the head. Bring the hands to your heart center. Inhale and bring the arms alongside the ears. Interlace the fingers in temple position. . As you exhale press the LEFT foot into the mat and press the LEFT hip to the LEFT. The torso moves to the RIGHT. Continue to press down into the LEFT foot and extend up the entire left side of the body. Hold for 5 breaths/30 seconds.

Tree – Right (supported by wall if needed)

Big toes together, looking straight ahead, chin parallel to the floor. Press feet down into the mat and maintaining this extend up thru the crown of the head. Shift your weight to the RIGHT, pressing the right foot into the mat, feel grounded. Turn the LEFT foot out to the left, bend the knee and then bring the left foot to the inside of the right leg – anywhere except at the knee. Bring the hands to your heart center. Inhale and bring the arms alongside the ears pressing the palms together. Hold for 5 breaths/30 seconds.

Tree – Left (supported by wall if needed)

Big toes together, looking straight ahead, chin parallel to the floor. Press feet down into the mat and maintaining this extend up thru the crown of the head. Shift your weight to the LEFT, pressing the left foot into the mat, feel grounded. Turn the RIGHT foot out to the right, bend the knee and then bring the right foot to the inside of the left leg – anywhere except at the knee. Bring the hands to your heart center. Inhale and bring the arms alongside the ears pressing the palms together. Hold for 5 breaths/30 seconds.

Warrior II - Right (supported by wall if needed)

Bring your feet out to a wide stance with feet parallel to each other. Extend the arms out to the side, shoulder height. Shoulders should be back and down away from ears. The LEFT foot should be parallel to the back of the mat. Turn the RIGHT foot to the right pointing straight out to the front of your mat. Inhale and as you exhale bend the right knee approaching parallel to the floor. Look down to ensure your right knee does not go past the ankle. Turn your head to the RIGHT looking out past the fingers on the right hand. Hold for 5 breaths/30 seconds.

Warrior II - Left (supported by wall if needed)

Bring your feet out to a wide stance with feet parallel to each other. Extend the arms out to the side, shoulder height. Shoulders should be back and down away from ears. The RIGHT foot should be parallel to the back of the mat. Turn the LEFT foot to the left pointing straight out to the back of your mat. Inhale and as you exhale bend the left knee approaching parallel to the floor. Look down to ensure your left knee does not go past the ankle. Turn your head to the LEFT looking out past the fingers on the left hand. Hold for 5 breaths/30 seconds.

Warrior II, Side Angle – Right (supported by wall if needed)

Bring your feet out to a wide stance with feet parallel to each other. Extend the arms out to the side, shoulder height. Shoulders should be back and down away from ears. The LEFT foot should be parallel to the back of the mat. Turn the RIGHT foot to the right pointing straight out to the front of your mat. Inhale and as you exhale bend the right knee approaching parallel to the floor. Look down to ensure your right knee does not go past the ankle. Turn your head to the RIGHT looking out past the fingers on the right hand. Bend the RIGHT elbow and bring the elbow to the right thigh. Do not slump – engage the core / abdominal area. Lift the LEFT hand up overhead with the arm next to the ear. Hold for 5 breaths/30 seconds.

Warrior II, Side Angle – Left (supported by wall if needed)

Bring your feet out to a wide stance with feet parallel to each other. Extend the arms out to the side, shoulder height. Shoulders should be back and down away from ears. The RIGHT foot should be parallel to the back of the mat. Turn the LEFT foot to the left pointing straight out to the back of your mat. Inhale and as you exhale bend the left knee approaching parallel to the floor. Look down to ensure your left knee does not go past the ankle. Turn your head to the LEFT looking out past the fingers on the left hand. Bend the LEFT elbow and bring the elbow to the left thigh. Do not slump – engage the core / abdominal area. Lift the RIGHT hand up overhead with the arm next to the ear. Hold for 5 breaths/30 seconds.

Triangle - Right (supported by wall if needed)

Bring your feet out to shoulder width with feet parallel to each other. Extend the arms out to the side, shoulder height. Shoulders should be back and down away from ears. The LEFT foot should be parallel to the back of the mat. Turn the RIGHT foot to the right pointing straight out to the front of your mat. Inhale as you slide forward (as if someone was gently guiding your fingers

on the right hand forward). As you exhale tip/bend the body, bringing the right hand down towards the mat, left hand points up towards the ceiling. Hold for 5 breaths/30 seconds.

Triangle - Left (supported by wall if needed)

Bring your feet out to shoulder width with feet parallel to each other. Extend the arms out to the side, shoulder height. Shoulders should be back and down away from ears. The RIGHT foot should be parallel to the front of the mat. Turn the LEFT foot to the left pointing straight out to the back of your mat. Inhale as you slide forward (as if someone was gently guiding your fingers on the left hand forward). As you exhale tip/bend the body, bringing the left hand down towards the mat, right hand points up towards the ceiling. Hold for 5 breaths/30 seconds.

Supine Hand to Foot I - Right (with Yoga Strap)

Come to the mat with your back on the mat and knees bent. Put the yoga strap on the RIGHT foot (keep the left foot on the mat with the knee bent). Using the strap as a guide, bring the right leg to the mat (keep the right leg straight) and then bring the foot back up towards the ceiling. Repeat for a total of 8 times, on the 8th time hold for 30 seconds with the knee straight (but not locked).

Supine Hand to Foot I - Left (with Yoga Strap)

Put the yoga strap on the LEFT foot (keep the right foot on the mat with the knee bent). Using the strap as a guide, bring the left leg to the mat (keep the left leg straight) and then bring the foot back up towards the ceiling. Repeat for a total of 8 times, on the 8th time hold for 30 seconds with the knee straight (but not locked).

Supine Hand to Foot II - Right (with Yoga Strap)

Put the yoga strap on the RIGHT foot (keep the left foot on the mat with the knee bent). Using the strap as a guide, bring the right leg to the mat (keep the right leg straight) and then point the toes to the RIGHT and swing the leg out to the right keeping the foot close to the floor. You are isolating the right hip – keep the left hip on the mat. Bring the right foot up towards the ceiling. You are making a big circle with the right leg going counter clockwise. Repeat for a total of 8 times, on the 8th time hold for 30 seconds with the knee straight (but not locked).

Supine Hand to Foot II - Left (with Yoga Strap)

Put the yoga strap on the LEFT foot (keep the right foot on the mat with the knee bent). Using the strap as a guide, bring the left leg to the mat (keep the left leg straight) and then point the toes to the LEFT and swing the leg out to the left keeping the foot close to the floor. You are isolating the left hip – keep the right hip on the mat. Bring the left foot up towards the ceiling. You are making a big circle with the left leg going clockwise. Repeat for a total of 8 times, on the 8th time hold for 30 seconds with the knee straight (but not locked).

Bridge (may be assisted with a block)

Bring both feet to the mat with the knees bent. The feet should be directly under the knees and the knees in line with your hips. The hands are at your sides with the palms facing down. Start pressing the feet into the mat as you inhale and bring the pelvis and belly up towards the ceiling. Keep pressing the feet into the mat and the away from the belly. If need be place a block under you at the lower back for additional support. Hold for 5 breaths/30 seconds. There should be very little to no weight on the neck or head. The weight is in the shoulders.

Knees to Chest

Bring the knees up towards the chest and hug the knees into the body without forcing or struggling. Keep the lower back on the mat and rock from side to side to loosen the lower back. Do this for about 30 seconds.

Corpse Pose

Lying on your back, if need be roll up a blanket or place a pillow under the knees to support the lower back. Bring your hands out to a 45 degree angle from the body. Roll the shoulders down and back away from the ears, palms facing up. Slow down the breath and relax in corpse pose for 8 – 10 minutes.