

# **Yoga For Osteoporosis, Primary Series, Version B**

**14 Poses, 20 minutes**

**Every Other Day**

If you are a woman 40 or older this is an excellent sequence for maintaining bone density.

This yoga sequence is specifically designed for women who have 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 following practice every other day. Primary Sequence, Version A should be done on the opposing days. Each pose is held for 30 seconds.

**Easy Seated Pose – Right & Left**

**Mermaid Pose – Right & Left**

**Plank Pose/Phase 1**

**Lunge – Right & Left**

**Sun Goddess**

**Dancer Pose/Phase 1 - Right & Left (supported by wall if needed)**

**Standing Camel**

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

**Side Plank/Phase 1 – Right & Left**

**Locust – Right & Left**

**Child's Pose**

**Fish Pose (assisted with rolled blanket or bolster)**

**Knee to Chest**

**Legs Up The Wall – Note – Do NOT skip this part of the practice. This is just as important as the weight bearing exercises.**

## **Explanation Of Each Pose**

### **Easy Seated Pose - Right**

Stretch your legs out in front of you, cross your left leg first, then the right. The right leg will be in front of the left. Think of the base of the spine as an anchor, grounding. Maintaining this extend up thru the crown of the head, elongated the body. Hold for 5 breaths.

### **Easy Seated Pose - Left**

Stretch your legs out in front of you, cross your right leg first, then the left. The left leg will be in front of the right. Think of the base of the spine as an anchor, grounding. Maintaining this extend up thru the crown of the head, elongated the body. Hold for 5 breaths.

### **Mermaid Post – Right**

Bring both legs out to the right and place the left hand on the mat. Extend your right arm up over head, shoulder away from the ear. Once the arm is fully extended up towards the ceiling bend to the left. Hold for 5 breaths.

### **Mermaid Post – Left**

Bring both legs out to the left and place the right hand on the mat. Extend your left arm up over head, shoulder away from the ear. Once the arm is fully extended up towards the ceiling bend to the right. Hold for 5 breaths.

### **Plank Pose/Phase 1**

Come to a Child's Pose with the arms shoulder width and extended out as far as possible. Keeping the knees on the floor, raise the head and torso **WITHOUT** moving your hands. Then slide the torso forward until the shoulders are directly over the wrists. Engage the core and hold for 5 breaths.

NOTE: Once you have built strength in the upper body you can curl the toes under and press the knees up off the mat. The body is straight with the shoulders directly over the wrists. Engage the core and hold for 5 breaths.

### **Lunge - Right**

Bring the right foot to the mat, the knee is directly above the ankle. With the left knee on the floor, slide the knee back to open the hips coming into a lunge. Raise the hands over head. Hold for 5 breaths.

### **Lunge - Left**

Bring the left foot to the mat, the knee is directly above the ankle. With the right knee on the floor, slide the knee back to open the hips coming into a lunge. Raise the hands over head. Hold for 5 breaths.

## **Sun Goddess**

Bring your feet out to a wide stance with the big toes pointing out and the hands overhead. Take a deep breath in and as you exhale squat, the hands come out to the side, bending at the elbows with the fingers pointing up. Make sure the knees are pointing in the same direction as the toes and that the knees do not go past the ankles. The back is straight. Hold for 5 breaths.

### **Dancer Pose/Phase 1 – Right (supported by wall if needed)**

Bring the big toes together and press down into your feet, maintaining this extend up thru the crown of the head. Bring the left hand overhead. Take the right hand and turn towards the right bringing the palm facing out and thumb towards the back of the room. Shift the weight to your left foot as you bend the right knee bringing the foot behind you. The right hand will come to the inside of the right foot. Holding on to the right foot bring the knees parallel to each other standing tall. Hold for 5 breaths.

### **Dancer Pose/Phase 1 – Left (supported by wall if needed)**

Bring the big toes together and press down into your feet, maintaining this extend up thru the crown of the head. Bring the right hand overhead. Take the left hand and turn towards the left bringing the palm facing out and thumb towards the back of the room. Shift the weight to your right foot as you bend the left knee bringing the left foot behind you. The left hand will come to the inside of the left foot. Holding on to the left foot bring the knees parallel to each other standing tall. Hold for 5 breaths.

### **Standing Camel/Phase 1**

Bring the feet out to hip width with the hip bones directly over the ankles. Bring your hands behind you at the lower back with the fingers pointing down on each side of the spine. Take a deep breath in and then bring the elbows in towards each other opening the chest. Press the pelvis forward. The neck and head are in alignment with the rest of the spine. Hold for 5 breaths.

### **Reverse Warrior - 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.

Turn the right palm up towards the ceiling, take a deep breath in and on an exhale bring the palm up towards the ceiling following the hand with your gaze. (The left hand moves down the the left leg.) Hold for 5 breaths.

## **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.

Turn the left palm up towards the ceiling, take a deep breath in and on an exhale bring the palm up towards the ceiling following the hand with your gaze. (The right hand moves down the right leg.)

Hold for 5 breaths.

## **Side Plank/Phase 1 - Right**

Begin in Childs Pose and extend your arms out as far as you can with the hands shoulder width. Without moving the knees or the hands, lift your head and slide forward until your shoulders are directly over the wrists.

Place the right hand directly below the head, bring the right knee to the floor and then turn your body towards the left, bringing the left hand up overhead. Press the side body and hip up towards the ceiling. Hold for 5 breaths.

## **Side Plank/Phase 1 - Left**

Come back to center, and now place the left hand directly below the head, bring the left knee to the floor and then turn your body towards the right, bringing the right hand up overhead. Press the side body and hip up towards the ceiling. Hold for 5 breaths.

## **Half Locust – Right**

Begin with the belly on the mat, bend the right knee and hold on to the shin or ankle with your right hand. Bring the left hand out in front of you. Press the right foot away from the hand creating an isometric sensation. Hold for 5 breaths.

## **Half Locust – Left**

Begin with the belly on the mat, bend the right knee and hold on to the shin or ankle with your right hand. Bring the left hand out in front of you. Press the right foot away from the hand creating an isometric sensation. Hold for 5 breaths.

## **Child's Pose**

Come to your hands and knees, angle the knees out towards the sides of the mat, as you bring your hips towards the heels. Bring the hands overhead and press the palms into the mat and back towards the hip creases. Hold for 5 breaths.

**Fish Pose (assisted with rolled blanket if needed)**

Bring your feet out in front of you sitting on your mat. Start bringing the elbows to your sides touching the mat and then lift the chest up towards the ceiling. Hold for 5 breaths.

**Legs Up The Wall**

Come to the side of a wall sitting with your left or right side to the wall about 1 hand length away. Come to a fetal position and then gently bring the legs up to the wall, adjusting your hips and legs as needed. Bring the arms out to the sides at a 45 degree angle with the palms up. Stay in this position for 10 minutes, practice stilling, quieting the mind.