

12 Yoga Poses for Bone Health



Stand on both feet, weight evenly distributed. Shift weight to your left foot and bend your right knee. Bring your right foot to your inner left thigh. Align your hips. Place your palms in prayer position at your chest. Hold for one minute. Get back into standing position. Repeat on the opposite side.

Stand with your feet 4-5 feet apart. Turn your right foot out 90 degrees so your toes point to the top of the mat. Raise your arms to be parallel with the floor. As you exhale, bring your right hand to your right foot, folding at your right hip. Reach your left hand fingertips toward the sky. Gently turn your head to also look up. Hold for one minute. Repeat on the opposite side.



Stand with your feet 4-5 feet apart. Turn your right foot out 90 degrees so your toes point to the top of the mat. Raise your arms to be parallel with the floor. Bend your right knee; align it directly over your ankle. Sink your hips to bring your right thigh parallel to the floor. Turn your head to the right. Hold for one minute. Repeat on the opposite side.



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THE SIDE ANGLE



With your feet together, raise your arms to be parallel with the floor. Then spread your legs to line up your feet with your wrists. Turn your left foot out 90 degrees so your toes point to the top of the mat. Bend your left knee until your thigh is parallel to the floor. Lower your left arm to first rest on your thigh. Reach your other arm toward the sky and over the top of your head. Slowly lower your left hand to the floor. Hold for one minute. Repeat on the opposite side.

Stand with your feet 2-3 feet apart. Turn your left foot out 90 degrees so your toes point to the top of the mat. While bending at the hips, bring your right hand to your left foot and reach your left arm toward the sky. Turn your head to look at your left hand above. Hold for one minute. Repeat on the opposite side.

THE TWISTED TRIANGLE



Lie on your stomach, arms at your side and tops of your feet touching the floor. On an inhale, raise your head to look forward. On the following exhale, lift your chest and arms. Lift your legs toward the sky. Continue resting your weight on your ribs, belly and front pelvis. Hold for one minute.

THE LOCUST



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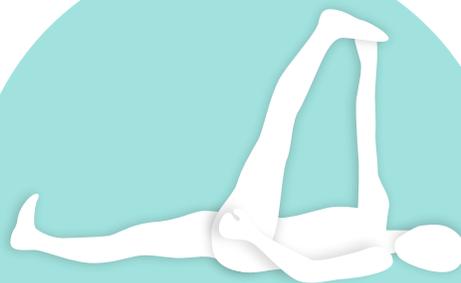
THE BRIDGE



Lie on your back with your knees bent, feet on the floor and arms at your side (palms flat). Lift your hips toward the ceiling. Roll your shoulders back and underneath your body. Clasp your hands. Hold for one minute.

Lie on your back with your legs extended and arms at your side. Bend your right knee and hug your thigh to your chest. Grab your big toe and straighten your knee toward the sky. Hold for one minute. Repeat on opposite side.

THE SUPINE
HAND-TO-FOOT I



Move into Supine Hand-to-foot I. Roll the right leg out, lowering it to your side. Hold for several breaths. Move back into Supine Hand-to-foot I. Repeat on opposite side.

THE SUPINE
HAND-TO-FOOT II



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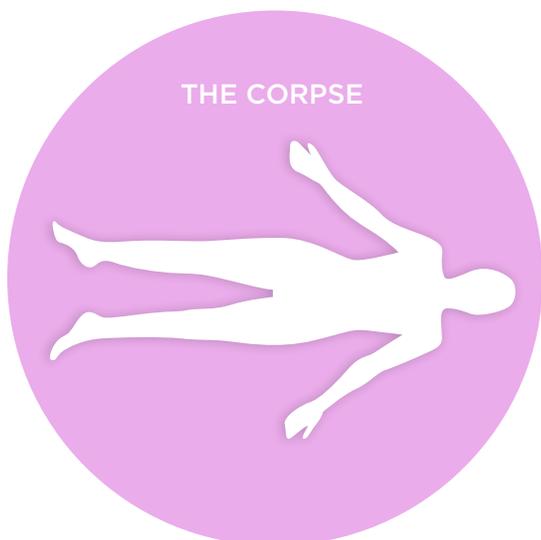
THE STRAIGHT-LEGGED TWIST

Sit on the floor with legs extended. Bend your right leg, placing your foot flat on the floor. Place your right hand behind you on the floor and your left elbow over the right thigh. Hold for one minute. Repeat on opposite side.

Sit on the floor with legs extended. Bend your knees and slide your left foot under your right leg to the outside of your right hip. Lay the outside of your left leg on the floor. Your right foot should be flat on the floor. Place your right hand behind you on the floor and your left elbow over the right thigh. Hold for one minute. Repeat on opposite side.



THE BENT-KNEE TWIST



THE CORPSE

Lie on your back with your legs extended and arms at your side about six inches away from your body, palms up. Relax your feet. Consciously release every body part from your feet to the crown of your head. Relax in this pose for three to five minutes.