

YOGA FOR BETTER BONES

.....An Osteoporosis Intervention Training

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F - Lunge (Standard and Extra Levels)

adapted from *Ekapada Ustrasana*

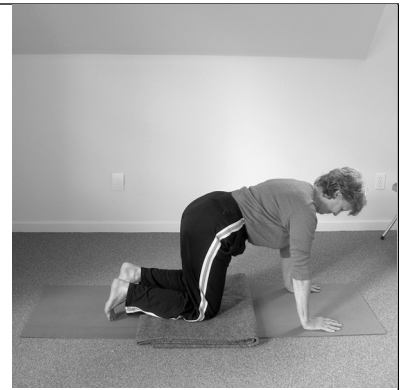
- 1. Begin on hands and knees.** Knee mat optional.
- 2. Bring the left foot forward between the hands.** Lifting up, bring the hands to rest on the left knee. Keep both knees at 90 degree angles.
- 3. Exhale: Bring the hips forward toward the front heel.** Keep the hips facing forward. Prevent overarching at the waist to feel a deep stretch in the left groin and thigh.
- 4. Inhale: Bring the right arm up, the elbow beside the ear.** Keep the elbow soft to relieve shoulder stress.

Exhale, returning to position 2 and repeat, then stay with arm lifted. See specific practices for repetition and stay recommendations.

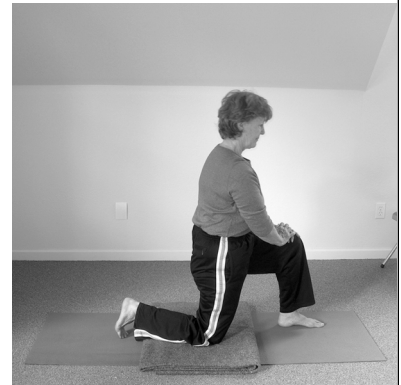
Finishing, return to position 1 and repeat with other leg/arm combination.

Option: Lift both arms on inhale, release on exhale.

Benefits: *Tones the hip flexors, stretches and strengthens leg muscles, improves alignment of hips and lumbar spine, and improves balance.*



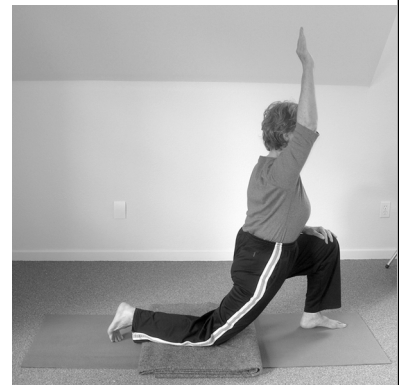
1



2



3



4



Arm Option

G - Lunge (Gentle Level)

adapted from *Ekapada Ustrasana*

1. Begin standing on the knees with a chair to the side or front. Let hands rest on the chair seat. Knee mat optional.

2. Bring or help the left foot forward. Prevent overarching at the waist to feel the deep stretch in the left groin and thigh.

3. Exhale: Bring the hips forward toward the front heel. Keep the front heel pressing down. Keep the hips facing forward and feel a stretch in the back leg and groin. Inhale, return to position 2 and repeat. Do both sides

Repeat: See the Gentle Level practice for repeat and stay recommendations.

Repeat on the other side.

4. Option: On inhales lift the right arm, elbow beside ear. Release on exhales and repeat. Do both sides

Benefits: *Tones the hip flexors, stretches and strengthens leg muscles, improves alignment of hips and lumbar spine, and improves balance.*



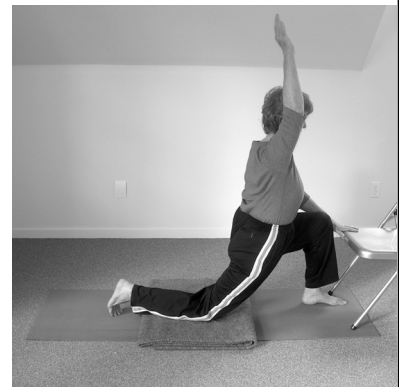
1



2



3



4

Q - Bridge (All Levels)

Dvipada Pitham

Begin on the back with arms alongside the body and the feet hip-width apart. The feet are under the knees.

1. On exhale, press the spine to the floor, and press the feet into the floor.

2. On inhale, press the hips toward the ceiling. Stay up, breathing, for 5 inhale breaths.

On exhale, slowly return to the starting position, lowering the hips to the floor, one vertebra at a time. Work to bring the waist down before the hips. Use several breaths to lower completely. .

Repeat: See specific practices for repetition and stay recommendations. The full practice level asks for multiple lifts with the stay duration indicated above. Work up to the full practice level, resting between sets.

Arm Option: For stronger work, bring arms overhead. See photo.

Benefits: *Brings bone stimulating work to the hips. Tones the muscles of the back, bringing stretch to the spine, with emphasis on the lumbar spine. Builds strength in the legs.*



1



2



Arm Option