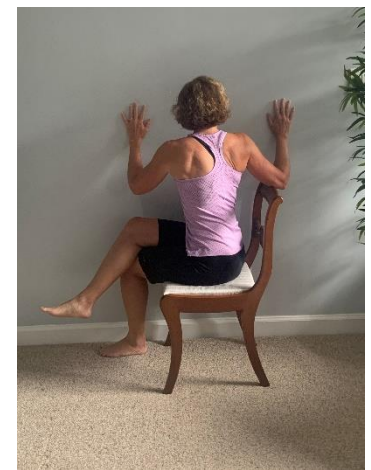
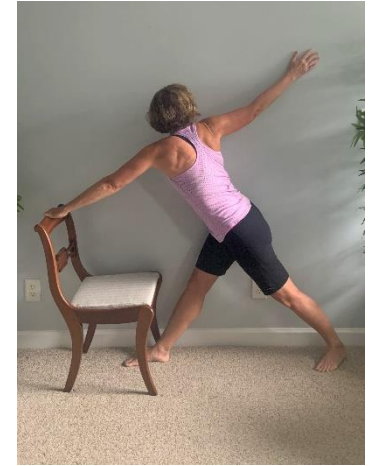


12 Poses

Yoga vs. Osteoporosis

Level 1



**Remember no bending forward & hold each side 30 seconds*