

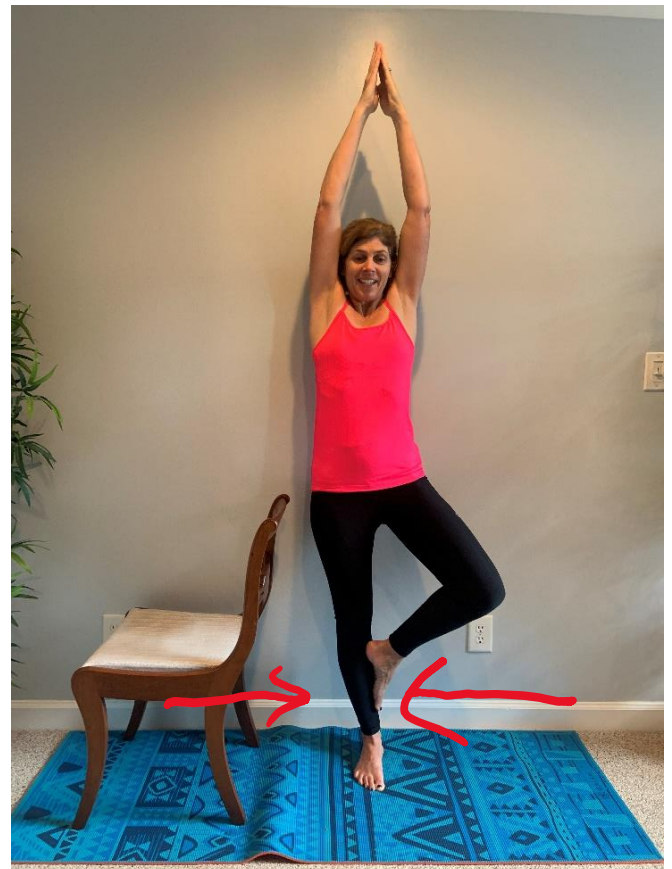
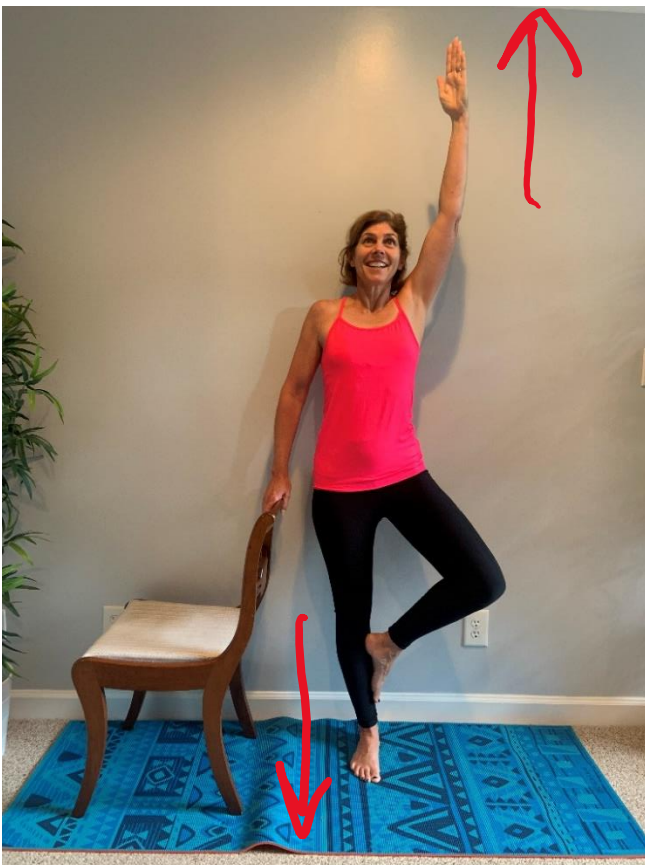
Daily Poses - Hold each pose 30-40 seconds EACH SIDE

Caution: With all poses remember not to round the spine as you go into and out of the poses, and within the poses themselves.

TREE POSE -Vriksasana

Props: Chair or Wall

READY to Transition? Can you lift your foot off the chair, with or without the wall?



Cues:

- Standing tall
- Place foot above or below knee, NOT on knee
- Headlights: Forward & Keep Level
- Weight on inside of standing foot
- Elbows straight, palms face each other
- With elbows straight, arms behind ears (thoracic extension)
- Push into standing leg and standing leg resist.

STRIGHT LEG TWIST- Marichyasana III

READY to Transition:

Are you standing straight with good spinal alignment? Do you have any pain? Do you have enough control of your body within the twist to bring one shoulder back and the opposite chest forward?

2.0 Cues:

- Both sit bones on mat
- Get tall
- Fluff the butt cushions
- Hug your chest & (L)thigh together
- (R) foot is anchor
- Right armpit/ elbow on outside of leg
- Twist not just shoulders, your whole spine
- Walk (L) hand counterclockwise-close to body



Yoga vs. Osteoporosis: Level 2

TRIANGLE-Utthita trikonasana

Props: Chair, Block

READY to Transition? Can you lift your hand off the chair to test for balance? Is your torso lengthened?

1.5 Cues

- Feet 3 feet apart
- Turn front (R) foot forward (not your torso)
- Turn back (L) foot 30 degrees
- Bend Front (R) knee
- Reach with your (R) hand for chair
- Gently straighten (R) front knee
- Airplane arms
- Both sides of your torso are lengthening and parallel
- Drop your ribs/flick the bug away
- Stretch the rubber band (arms)
- Keep your upper (L) shoulder stacked on top of (R) (in the same plane)
- Weight is equal on BOTH feet
- Arch your back (L) foot-weight on outside edge
- Shift weight on ball of front (R) foot
- Close the scissors (squeeze inner thighs together)
- Gaze up to extended (L) thumb
- EFFORT-Rubber Band Arms in opposite directions



Yoga vs. Osteoporosis: Level 2

2.0 Triangle Props: Block

- Torso lengthened/parallel



WARRIOR II-Virabhadrasana

Props: Wall & Block

READY to Transition? Can you rise up off the chair momentarily?

2.0 Cues:

- Place block lengthwise on the floor, against the wall
- Front foot (R) full contact with block
- Front foot (R) pointing forward
- Front (R) knee bent 90 degrees. Thigh parallel with ground.
- Back foot (L) 90 degrees
- Front (R) palm presses against wall (press shoulders back over hips)
- EFFORT-WEIGHT on both feet-PRESS into your feet
- Press with inside of back foot



Yoga vs. Osteoporosis: Level 2

SIDE ANGLE-Parsvakonsana

Props: Block

1.5 Cues

- Set up at Level 1
- Extend front (R) arm onto block or floor
- Press back of right arm into inner thigh
- Inner thigh resists
- "A" frame
- Rotate top (L) shoulder backward to shine your chest towards to sky
- Stretch top (L) fingers and R-E-A-C-H and stretch along (L) side body
- Press outside edge of back (L) foot
- Left elbow straight
- Stack (L) shoulders on top of (R)

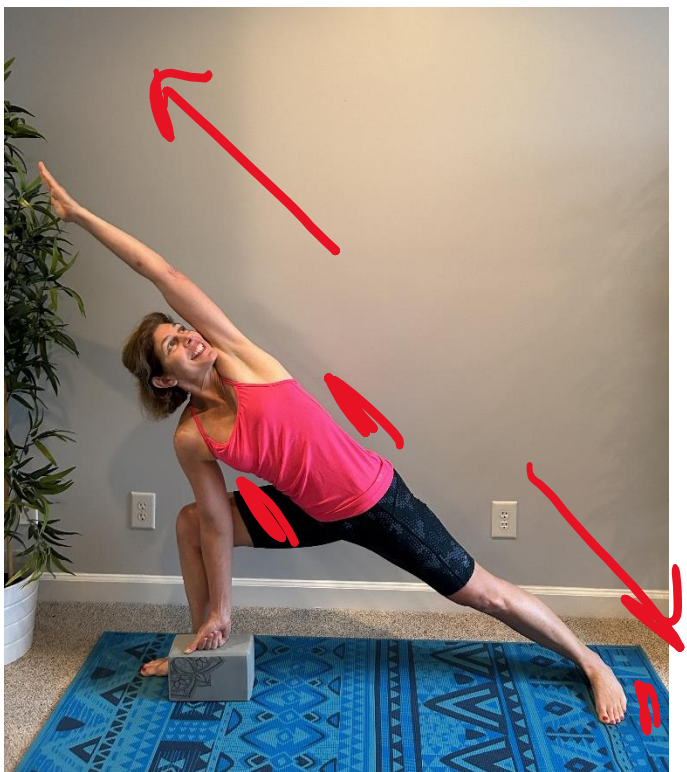


Yoga vs. Osteoporosis: Level 2

Level 2

Props: No chair, no block

- Right and left side of torso is straight and parallel
- Block on outside/lateral side of foot—press bicep into knee and knee into bicep



REVOLVED TRIANGLE -Parivtta Trikonasana

READY to Transition:

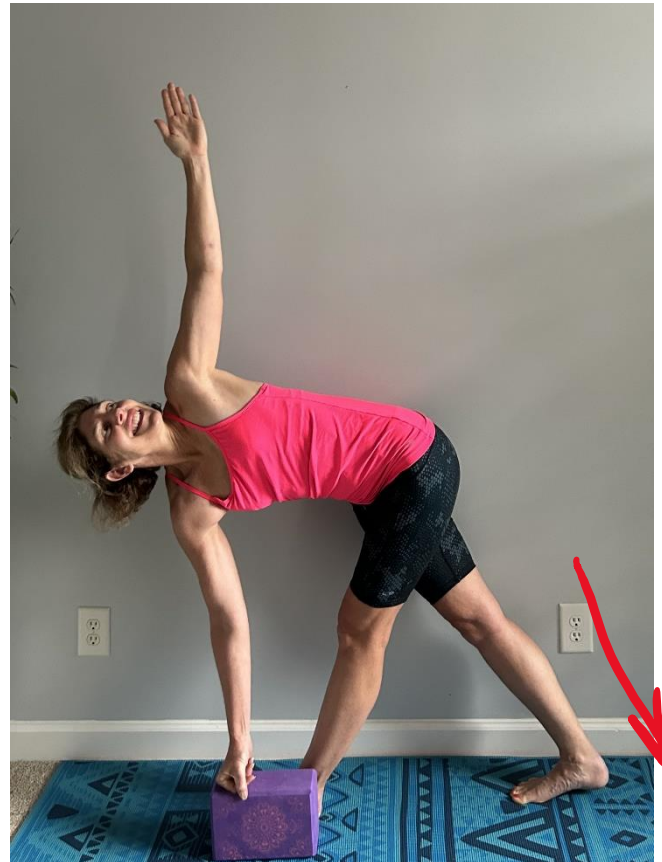
Can your right hip swing forward along the wall, bend your elbow and redirect weight to the inside of feet towards arches without collapsing against the wall?

Props: Wall, block

1.5 & 2.0 Cues:

- Face the wall, very wide stance
- Front, Left foot -toes face chair (12:00)
- Back, right foot at 5 degrees or (11:30)
- Headlights pointed towards chair
- Make "L" your (R) arm point up to sky
- Jazz hands on RIGHT
- Right hand to chair or block or elbow on block
- **2.0 CUE** If no chair, right hand to front shin, block on lateral/outside of ankle
- Back right heel on floor
- Front left foot-weight on big toe (inside of foot)
- Keep right shoulder stacked on top of Left shoulder and left elbow → same plane
- Breathe in → Right upper chest away from wall
- Breathe out → leverage off right hand and send right lower ribs closer to wall





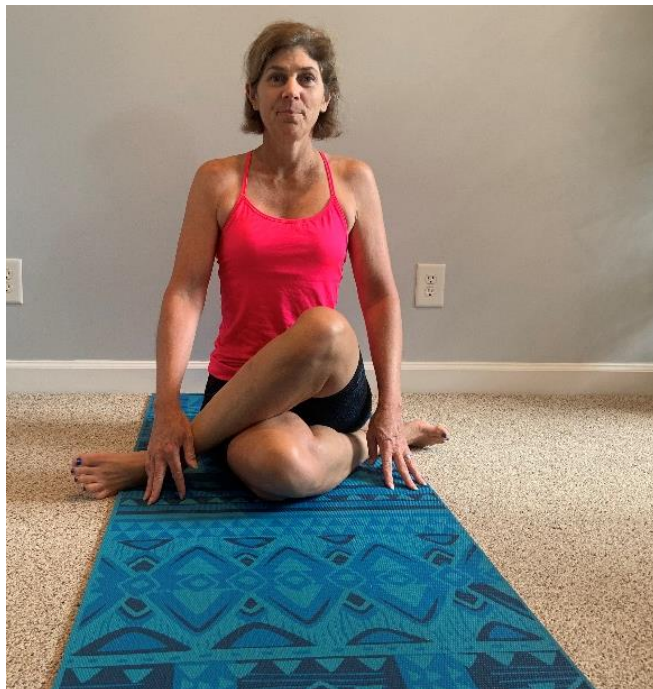
CROSS LEG TWIST [HALF LORD OF THE FISHES] - Ardha Matsyendrasana

READY to Transition:

1. Are you sitting straight?
2. Do you have any pain?
3. Do you have enough control of your body within the twist to bring one shoulder back and the opposite chest forward?

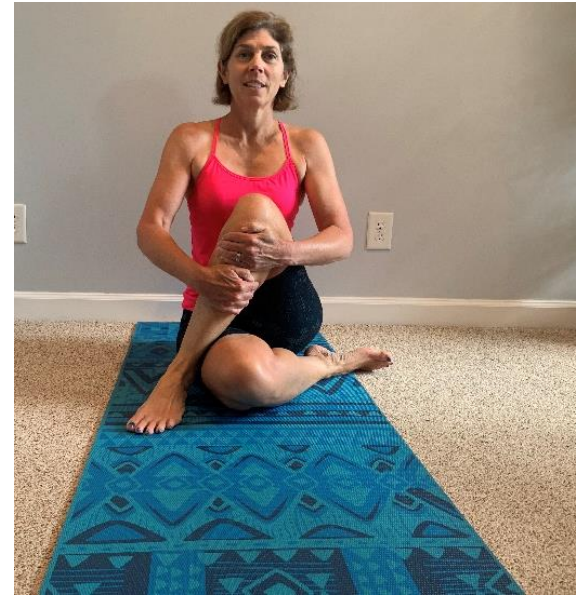
2.0 Cues:

- Sit tall
- (R) Heel close to buttock (Don't sit on it)
- Stack (L) Knee on top of (R) (cow pose)
- Sit evenly
- (L) top foot flat on floor, shin vertical
- Place both hands on your (L) knee



CONT. CROSS LEG TWIST [HALF LORD OF THE FISHES] - Ardha Matsyendrasana

- Cross your (R) elbow outside your (L) knee
- Use (R) bent elbow pressure to slide your lowest ribs past the thigh
- Walk your (L) hand behind you
- Turn head to the (L) side
- Keep your (L) hand close to your body
- Gently move your right upper chest forward & pull your left lower ribs backward



Yoga vs. Osteoporosis: Level 2

BIG TOE 1 POSE -supta padangusthasana I

Props: Belt

DANGER:-DO NOT ROUND SPINE -GOOD BODY MECHANICS TO FLOOR

2.0 Cues:

- Glue your shoulders to the mat
- If tight hamstrings bend floor leg
- EFFORT—Push into your (L) foot if knee bent, or the entire back side of your (L) leg-push into the ground and flex (L) foot
- Tighten your (R) thigh muscle
- Keep (R) knee straight
- Scissors open-move your (R leg away from your left)
- Hold strap in each hand (like horse reins)
- Keep strap at angle



Yoga vs. Osteoporosis: Level 2

BIG TOE POSE II-Supta Padangusthasana II

Props: Belt

2.0 Cues:

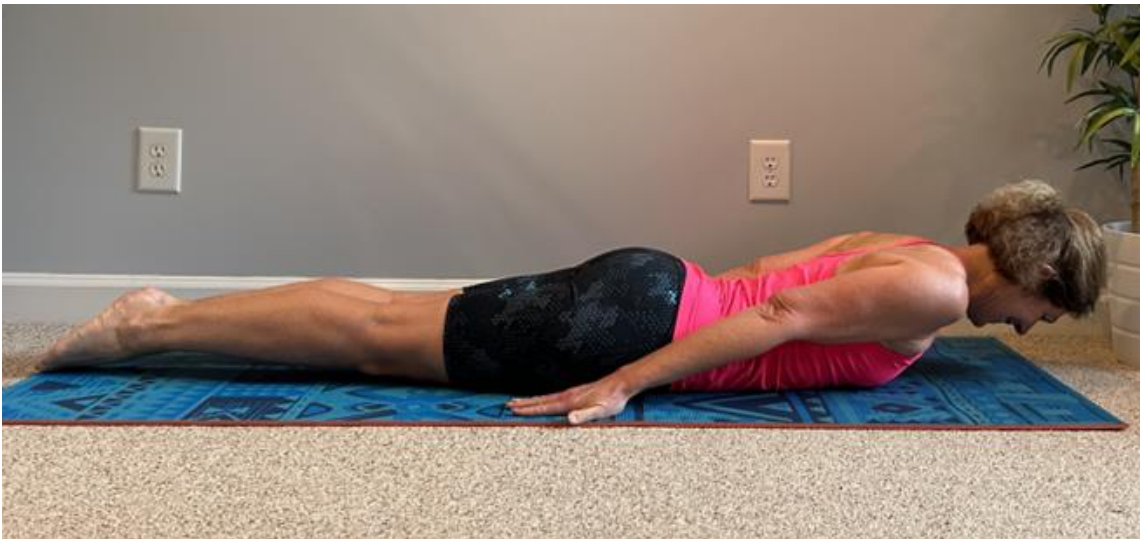
- Extend opposite (L) arm out, Palm up
- (L) leg can be bent (tight hamstrings or back discomfort) or straight
- Slowly move (R) leg out to the side
- **Keep headlights pointing up to the sky**
- Keep (L) buttocks & (L) shoulder in contact with the ground
- EFFORT—Push into your (L) foot into the floor or the back of your (L) leg & push your (R) thigh away from your other leg (not towards your head)
- Elbow holding strap in contact with the ground



LOCUST-Salabhasana

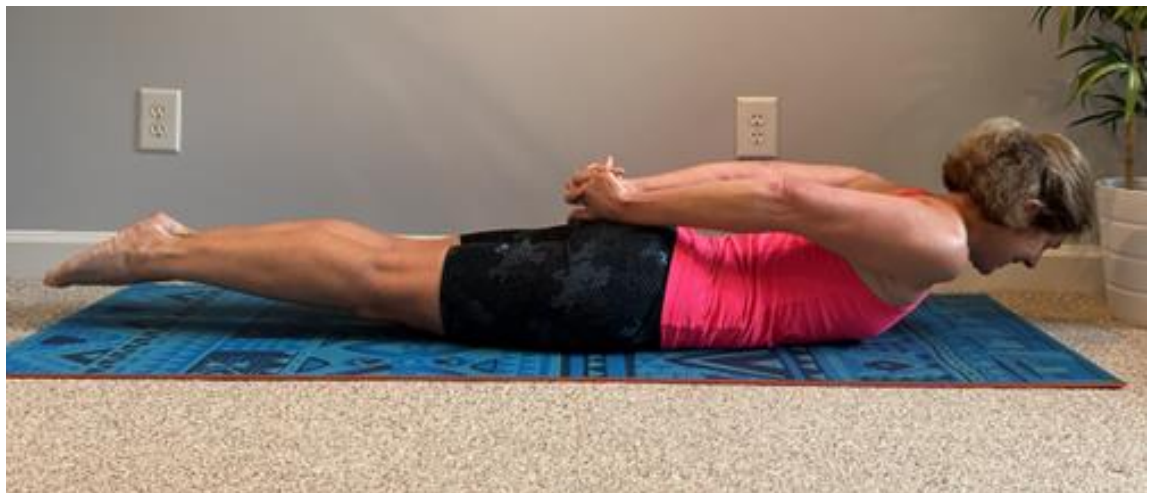
2.0 Cues

- Keep contact between naval and mat
- Feet together
- Slowly raise shoulder, trunk, head, neck
- Look down at floor
- Arms straight by hips (close to body)
- Palms face down
- Squeeze shoulder blades **Broaden your chest
- Point toes and lengthen toes through back wall
- Lengthen crown of head through wall in front of you



3.0 cues

- Can interlace hands
- Raise legs (Do not raise legs with spinal stenosis)



BRIDGE-Setu Bandhasana

Props: Blanket

Ready to Transition: Can you raise your pelvis off the yoga block and hold for 30 seconds?

CAUTION: GETTING DOWN ON FLOOR-GOOD BODY MECHANICS, NO ROUNDING

2.0 Cues

- Chest is hovering over your throat
- Arms close to your body
- Tuck each shoulder underneath your ribs and towards your spine so that tops of shoulders are on the mat
- Lengthen your tailbone towards your knees



CORPSE- Savasana

Relax...Breathe...Quiet your mind....now that this pose can lower cortisol, which is a hormone known to reduce bone density...so you are helping your bones by relaxing!!

Props: Blankets

Cues

- Blanket under torso and head
- Roll under knees
- Palms up
- When finished, roll to one side and gently push up.

