

**Daily Poses- Hold each pose 35-40 seconds EACH SIDE**

***STANDING & SITTING POSES (Beginner)***

**TREE POSE -Vriksasana**

Props: Chair or Wall

Cues:

- Standing tall
- Place foot above or below knee, NOT on knee
- Pelvis-Puppy dog tuck
- Shoulders over hip (NO carrying the baby)
- Weight on inside of foot
- Lengthen up
- Elbows straight, palms face each other



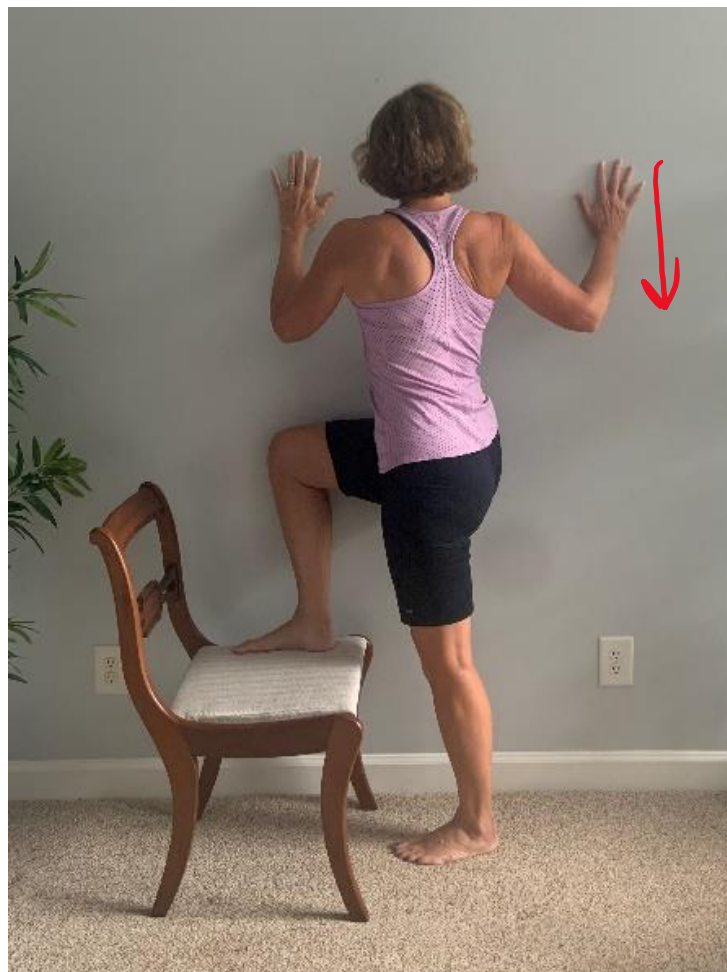
# Yoga vs. Osteoporosis -Level 1

## STANDING TWIST- Marichyasana III

Props: Chair, Wall

Cues:

- Pull “down on wall” with right hand
- Breathe in → taller, breathe out → twist to right
- Pivot off outside of hip & right outer thigh touching wall
- Twist not just shoulders, your whole spine
- Breathe in → move left upper chest towards wall
- Breathe out → move right lower ribs away from wall



# Yoga vs. Osteoporosis -Level 1

## TRIANGLE-Utthita trikonasana

Props: Chair, Wall

Cues:

- Use the wall for balance and alignment
- Feet 3 feet apart
- Turn front foot forward (not your torso)
- Turn back foot 30 degrees
- Gently bend your front (R) knee
- Reach with your (R) hand for chair



## Yoga vs. Osteoporosis -Level 1

- Gently straighten (R) front knee
- Lengthened/Straighten torso
- (L) upper shoulder stacked over R shoulder—airplane arms
- Press back of (L) upper hand against the wall
- Weight is equal on BOTH feet
- Stretch the rubber band (Arms)
- Squeeze inner thighs together, scissors closing
- Gaze up to (L) extended thumb



## WARRIOR II-Virabhadrasana

Props: Chair (Block if under 5'2")

Cues:

- BOTH Feet full contact with ground
  - Use block if needed
  - Walk back leg forward until foot in contact with ground and back knee straight
- Front thigh fully supported on chair (chair not in the way of back leg)
- Front foot pointing forward
- Bend front knee 90 degrees/perpendicular to front foot
- Headlights open-NOT pointing to front knee
- Gaze out your 3<sup>rd</sup> fingertip
- EFFORT-WEIGHT on both feet-PRESS into your feet AS IF you were to rise off the chair
- S-T-R-E-T-C-H upward (not outward)



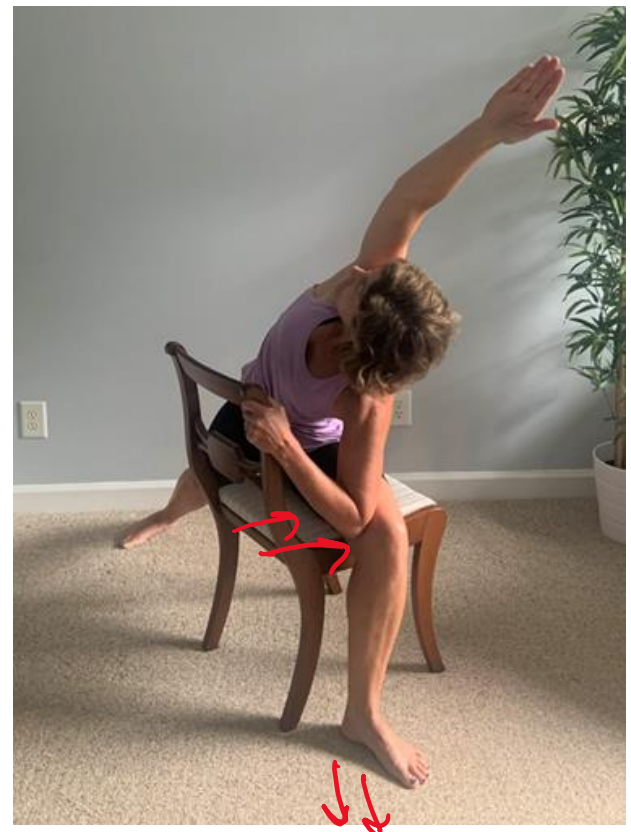
# Yoga vs. Osteoporosis -Level 1

## SIDE ANGLE-Parsvakonsana

Props: Chair, (Block if under 5'2")

Cues:

- Same as Warrior 2
  - Face chair
  - Full thigh on chair
  - Front foot pointing forward
  - Bend front knee 90 degrees
  - Back foot contact with ground and knee straight..if not, inch it away from chair
- Push elbow into inner thigh → inner thigh resists back
- If face the chair, can use chair for leverage
- "A" frame (Stretch L fingertips → stretch right side body →
- Weight outside edge of back right foot
- Rotate "upper" shoulder backward to shine your chest towards to sky
- Right shoulder stacked on top of left shoulder & head in "A" line



# Yoga vs. Osteoporosis -Level 1

## REVOLVED TRIANGLE -Parivrtta Trikonasana

\*\*\*Most effective twist\*\*\*

Props: Chair, Wall

- Face the chair, very wide stance
- Front, Left foot -toes face chair (12:00)
- Leg closest to the wall is Back (Right) foot at 5 degrees or (11:30)
- Headlights pointed towards chair
- Right Hip can have contact with wall
- Both arms in front at “Frankenstein”
- RIGHT arm up pointing towards ceiling “L” → Jazz Hands on right
- Thrust with the ball of the RIGHT big toe AND reach RIGHT arm to chair



## (cont.) REVOLVED TRIANGLE -Parivrtta Trikonasana

- Pull arrow across the bow with LEFT arm
- Airplane arms with your LEFT arm
- Back RIGHT heel is on floor
- Front LEFT foot → are you on the outside edge? If so, shift weight to big toe
- Breathe in → length, breathe out → rotate (Leverage right hand on chair and use the wall as prop for more rotation)
- Left upper chest towards wall → right lower ribs away from wall (gently)





# Yoga vs. Osteoporosis -Level 1

## BIG TOE POSE -supta padangusthasana I

Props: Chair, Belt, (Block under feet if under 5'2")

Cues:

- MOST DANGEROUS-DO NOT ROUND SPINE -GO FISHING
- Crazy glue your back to the chair
- ROW THE BOAT-shoulders back + squeeze together
- EFFORT—Push into your (R) foot on the floor & tighten your (L) thigh muscle
- Raise (L) leg off chair (away from the right) then use strap for more
- Will feel stretch in back of (L) thigh + keep using muscled on front of (L) thigh
- Hold the strap like reigns of a horse
- Strap is at an angle (not parallel) to your extended leg



# Yoga vs. Osteoporosis -Level 1

## BIG TOE POSE II-Supta Padangusthasana II

Props: Chair, Belt, (Block under feet if under 5'2")

Cues:

- DANGER-DON'T LEAN FORWARD-GO FISHING OR BRING KNEE TO CHEST
- Hold back of chair
- Hook Right arm and press
- Left shoulder "back"
- EFFORT—Push into your foot on the floor & push your thigh away from your other leg (not towards your head)



# Yoga vs. Osteoporosis -Level 1

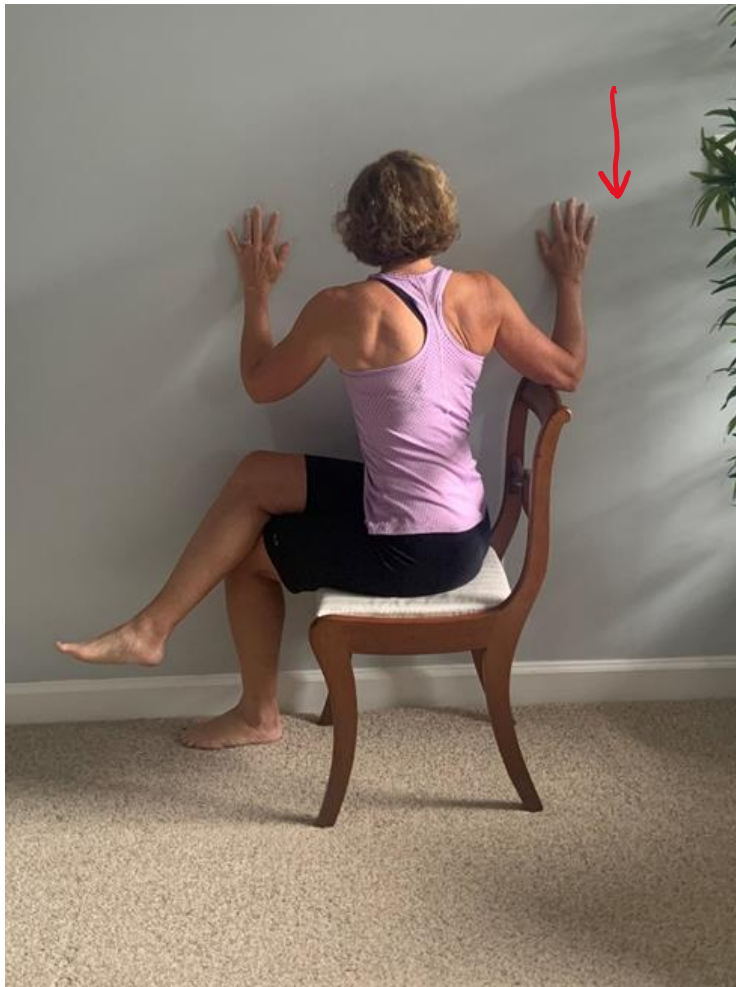
## SEATED TWIST HALF LORD OF THE FISHES-

### Ardha Matsyendrasana

Props: Chair, (Block under feet if under 5'2")

Cues:

- Sit tall-best possible posture
- Right hip contact with wall
- Cross (R) leg away from wall
- Bottom (L)foot at corner of wall and floor
- Shoulders over hips
- Twist to Right
- Inhale -grow tall, Exhale twist a little more by Pull down on the wall with RIGHT



## ***FLOOR POSES (Beginner)***

### **LOCUST-Salabhasana**

#### Cues

- Modification: Standing with hands on wall
- Keep contact between naval and mat -avoid hyper lordosis (excessive arching of back)
- Feet together, toes pointed
- Slowly raise shoulder, trunk, head, neck
- Look down at floor
- No weight through hands
- (If you can) Hover hands 1" off mat
- Keep belly soft
- Gently bring shoulder blades together, broaden your chest
- L-E-N-G-T-H-E-N



# Yoga vs. Osteoporosis -Level 1

## BRIDGE-Setu Bandhasana

Props: Blanket, Chair (to get down on floor) (Block if unable to hold)

Cues:

- DON'T BEND FORWARD  
GETTING ON FLOOR-use chair
- Head rests on floor
- Feet are hip width apart
- Forearms vertical
- Push down into your elbows
- Raise your breastbone  
towards your throat-show off  
your medals
- Don't put block under sacrum,  
under fleshy part (if use block)
- When coming down-come  
down as a unit



## CORPSE- Savasana

Relax...Breathe...Quiet your mind....know 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 (Recommended)
- Roll under knees (recommended)
- Palms up
- When finished, roll to one side and gently push up.



REVOLVED TRIANGLE [Alternate Approach ] -Parivrtta Trikonasana

Start Back Against Wall



Left Jazz Hands



Thrust LEFT big toe & arm



Back Heel down



Rainbow