LIFEPRIME YOGA FOR BONE HEALTH

According to findings published in Topics of Geriatric Rehabilitation, a routine of 12 simple yoga poses have been linked to increase bone strength and density. Bone quality also improves with better internal support of bones, an important aspect to resisting fractures. The twelve poses include Tree, Triangle, Warrior II, Side-Angle, Twisted Triangle, Locust, Bridge, Supine Hand-to-Foot I, Supine Hand-to-Foot II, Standing Straight-Legged Twist, Bent-Knee Twist, and Corpse pose. Each pose is held for 30 seconds. Once learned, the daily regimen takes 12 minutes to complete. In addition to the positive effects on bone health, Yoga is good for range of motion,strength, coordination and reducing anxiety.

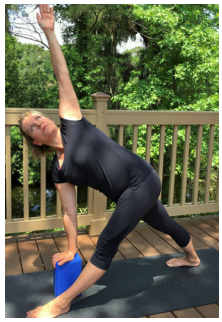
Tree Pose

Triangle

Warrior

Side Angle

Standing Straight- Legged Twist



Twisted Triangle

Locust

Bent Knee Twist

Bridge

Supine Hand to Foot I

Supine Hand to Foot II

Relaxation Pose

Poses demonstrated by H3 Yoga Instructor, Karen Varechia, RYT