

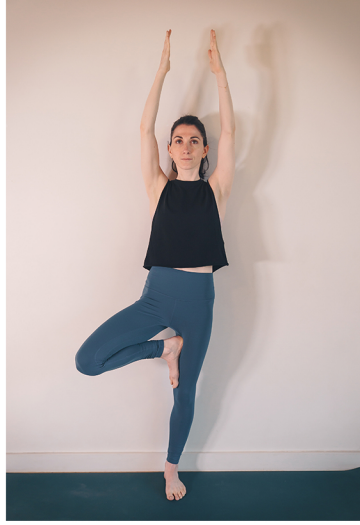
# Dr. Fishman's 12 Yoga Poses for Osteoporosis

## 1 Vrksasana (Tree)

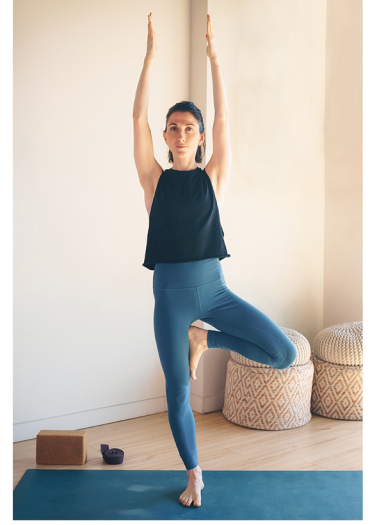
Osteoporosis



Osteopenia



Prevention



## 2 Trikonasana (Triangle)

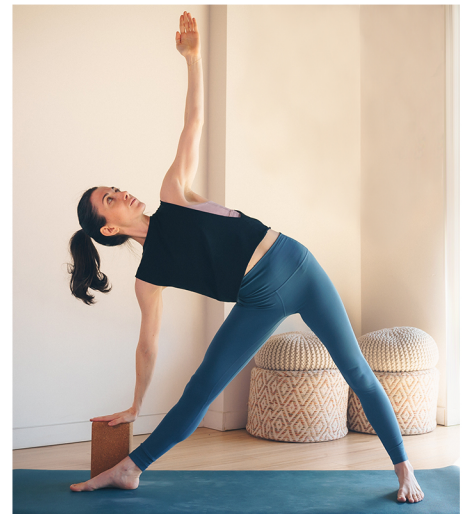
Osteoporosis



Osteopenia



Prevention



\* Note to make the prevention variation of this pose more challenging, place your hand on the floor instead of a block.

### 3 Virabhadrasana II (Warrior II)

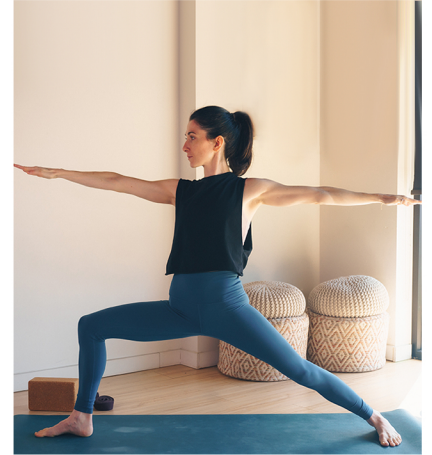
Osteoporosis



Osteopenia



Prevention



### 4 Parsvakonasana (Side-angle pose)

Osteoporosis



Osteopenia



Prevention



### 5 Parivrtta Trikonasana (Twisted triangle)

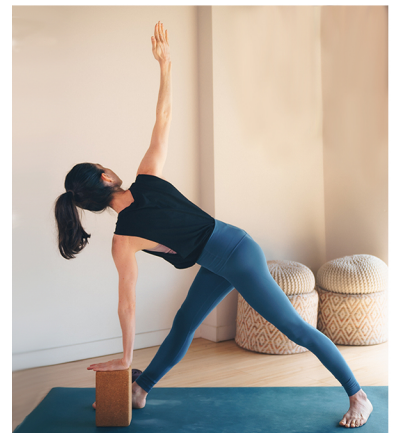
Osteoporosis



Osteopenia



Prevention



\* Note to make the prevention variation of this pose more challenging, place your hand on the floor instead of a block.



## 6 Salabhasana (Locust)

Osteoporosis



Osteopenia



Prevention



\* It's hard to tell in the osteopenia photo, but Cat's hands are hovering just above the floor.

## 7 Setu Bandhasana (Bridge)

Osteoporosis / Osteopenia



Prevention



## 8 Supta Padangusthasana I (Supine hand-to-foot I)

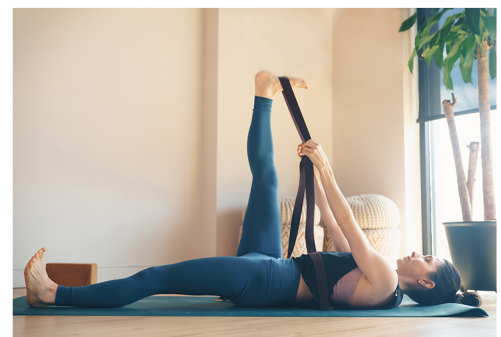
Osteoporosis



Osteopenia



Prevention



## 9 Supta Padangusthasana II (Supine hand-to-foot II)

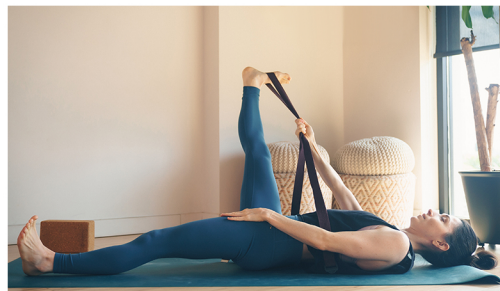
Osteoporosis



Osteopenia

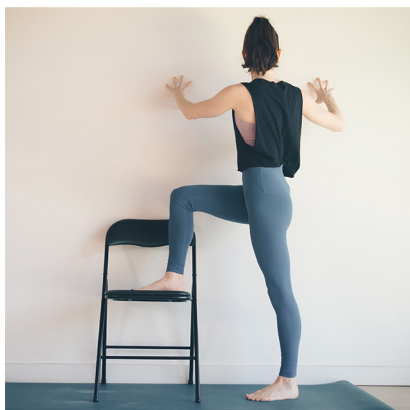


Prevention



## 10 Marichyasana II (Straight-legged twist)

Osteoporosis



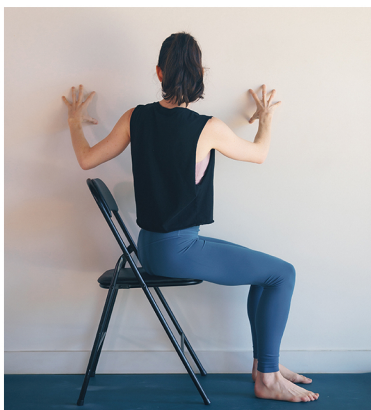
Osteopenia



\* The prevention variation of this pose involves a binding, which very few people can achieve safely. For these reasons, it's not pictured here.

## 11 Matsyendrasana (Bent-knee twist)

Osteoporosis



Osteopenia



\* The prevention variation of this pose involves a binding, which very few people can achieve safely. For these reasons, it's not pictured here.



## 12 Savasana (Corpse pose)

Osteoporosis / Osteopenia / Prevention



\* You can use a blanket under your head, shoulders, or knees to make this pose more comfortable.