Yoga Therapy For Better Bones

Bone Strengthening For Osteoporosis, Osteopenia And Prevention

Presented by Certified Yoga Therapist
Tracy Flynn (C-IAYT)

5-Week Series On Tuesdays: January 19 – February 16
1:30PM – 2:30PM
$125 per person (includes all 5 weeks, pre-registration required)

As we age our bones naturally lose density, and over 44 million Americans have low bone mass. This can put us at greater risk of fractures, some we can recover from and some that can be much more serious. Whether you have osteoporosis, osteopenia or just want to keep your bones strong there is an approach to practicing Yoga that has been shown to safely build bone mass by Loren Fishman, MD who has been studying Yoga and bone strength for 20 years (Yi-Hsueh Lu et al., "Twelve-Minute Daily Yoga Regimen Reverses Osteoporotic Bone Loss," Topics in Geriatric Rehabilitation, 2016 Apr; 32(2): 81–87).

In this workshop we will learn some facts about bone health, the poses used in this research, and the methods for optimizing them for increasing bone density. We will learn the three levels of practice for each pose and make sure each person is approaching the practice to their best advantage. To this end, class size will be limited.

Classes meet weekly on Tuesdays 1:30-2:30PM for 5 weeks: 1/19, 1/26, 2/2, 2/9, 2/16.

Pre-register: https://www.updogyoga.com/workshops/rochester-workshops

Tracy holds the highest certifications as a Yoga instructor and Internationally Certified Yoga Therapist (ERYT 500, C-IAYT). In addition to practicing individual Yoga Therapy at UpDog, she was on staff at the Institute of Neuromuscular Medicine for 3 years.

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