

# 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 Wednesdays: April 17 – May 22  
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 over 10 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 and learn 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: one for people with osteoporosis, one for people with osteopenia and one for prevention. Class size will be limited to make sure each person is approaching the practice to their best advantage.

Classes meet weekly on Wednesdays 1:30-2:30PM for 5 weeks: 4/17, 4/24, 5/1, 5/15, 5/22 (note: no class on 5/8).

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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