



Yoga for Osteoporosis

If you've been diagnosed with osteoporosis you are probably facing the dilemma of needing to exercise but having to find a form of exercise that is safe for you. This course will teach you a safe form of exercise to support you physically, mentally, emotionally and spiritually.

You will be introduced to a 'bone friendly' form of exercise, avoiding the high risks for anyone who has osteoporosis. Bones are living, breathing, changing tissue that need to be stimulated to stay strong and develop. This course will balance the required stimulation with care and attention.

Yoga will provide:

- weight bearing exercise throughout the whole body
- muscle strength, function and balance
- improved:
 - balance, stability and coordination
 - body awareness
 - lubrication of joints
 - circulation
- a balancing effect on hormones, and
- reduced stress (and therefore reduced calcium depletion)



yoga from
the inside



Catherine Sherlock

Catherine is a registered Yoga Australia teacher who is passionate about sharing the benefits of yoga with all members of the community.

Attending an open yoga class can be confronting if you need to take special care of your bones. These yoga classes will focus on the strength building (weight bearing) aspects of yoga and not on flexibility. There **will not** be the usual ups and downs off the floor. There **will be** weight bearing through the whole body. Chairs, and props will be provided to make poses safe and accessible. The tender areas of the spine, hips and wrists will be given special care to avoid the risks to these areas. We will finish with a long relaxation and an opportunity to share a nutritious snack.

This course is suitable as a prevention practice and for those already diagnosed with osteopenia and osteoporosis.



yoga from
the inside

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