

Dr Loren Fishman's Yoga vs. Osteoporosis: Morning Sequence (Gernot's Version)

Do each pose for **30-60 seconds on each side**, every day. In each pose challenge your strength and your range of motion, while enjoying your breath. The order of the poses has been changed slightly with Dr. Fishman's approval.

	<ol style="list-style-type: none"> 1. Press lifted foot into inner calf 2. Lengthen along inner thigh to rotate knee out farther 3. Move the lifted hip forward and down towards more neutral hips 		<ol style="list-style-type: none"> 1. Lengthen your stance 2. Lengthen and broaden the front torso to avoid rounding the back 3. Tilt your hips more to reduce the side bend in the spine
	<ol style="list-style-type: none"> 1. Lengthen your stance and bend your knee more 2. Lengthen along inner front thigh to rotate knee out farther 3. Move your hips towards a more horizontal & neutral placement 		<ol style="list-style-type: none"> 1. Lengthen your stance and bend your knee more 2. Lengthen along inner front thigh to rotate knee out farther 3. Tilt your hips more to reduce the side bend in the spine
	<ol style="list-style-type: none"> 1. Roll your back hip forward 2. Lengthen your front torso to avoid rounding your back 3. Twist more in the torso, less in the neck (rotate your ribcage relative to your hips) 		<ol style="list-style-type: none"> 1. Place your trailing hand on your outer knee 2. Twist more in the torso, less in the neck (rotate your ribcage relative to your hips) 3. Create a tug of war between your arm and your leg
	<p>Final Relaxation (2+ minutes, blocks optional)</p> <ol style="list-style-type: none"> 1. Curved block under shoulder blades (bottom edge of block near the bra strap) 2. Block under head tall enough that the head isn't falling back 3. Arms out (45-90 degrees), palms up 		