

**Asana:**

Now during our second week we have begun to work on our Fall theme:

**Building Bone Density through a focus on bone strength, muscle strength and balance.**

The first phase will be based upon a dozen main asanas which were mostly used in the first pilot study by Dr. Loren Fishman where the numbers did show, after a two year, 10-minute daily yoga practice, a gain for spine and femur/hips on the T-scale when compared with controls. Conclusion of the study: Yoga appears to be an effective way to build bone mineral density after menopause.

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Dr. Loren Fishman, in the meantime since his first pilot study, is doing a more in-depth study on the same subject.

In 2010 he published a book, along with Ellen Saltonstall, titled, "Yoga for Osteoporosis". This book explains Osteoporosis and it's degrees of bone loss, plus gives a plethora of photos and information on what they believe could be done for both prevention and addressing negative scores.

An informative read which I recommend for anyone interested in this subject.

Towards the end of this session you will have available a chart with the various options for each asana. Most of the asanas will be added to my website with photographs.

In the meantime, each week, I will give a highlight of the week and anything else we may have reviewed, related to but not directly from the study.

**Clock on the Wall**

Standing, a foot or so away from the wall, with the right side of the body parallel to the wall, taking both feet/hip width apart and slightly rotating them away from the wall, have the hips follow and stay as much as possible in alignment with the feet.

Take the right arm to the wall in front of right thigh, place fingertips on wall/fingers facing down. Make circles on the wall but do not come through on the circle, stop when the hand is behind and facing down and reverse circle to come back to beginning.

If your circles are not easy and complete and if the elbow bends you can then adjust by stepping farther away from the wall.

If your circles are easy, then please step closer to wall, eventually having the right hip on the wall and at some point, more of the inside the the body also.

Do Not force any movement, always adjust your distance.

Do a few circles on this side and then switch to the left side.

This movement can be done often during the week in order to help and teach the shoulder normal rotation.

A version laying supine on the floor is familiar to many of you: Clock. We usually do this with Butterfly. If you have the time, do feel free to experience the supine version during your weekly asana practice.

While standing this week we went through various adaptations of: Tree, Triangle and Side Twist. Versions standing, with the chair and/or block.

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We will continue with these which we worked through, touched slightly, and then explore some more of the recommended asanas.

**Quote:**

**Avoiding the problems you need to fix is avoiding the life you need to live.”**

**-Paul Coelho**

*Important Disclaimer*

*The news, suggestions, information, exercises and other items in this list are intended for informational purposes only. Not all exercise is suitable for everyone. To reduce the risk of injury, please consult your Doctor before engaging in any physical and/or therapeutic exercise program. Nothing is intended to be a substitute for professional medical care.*

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