

Bone Strengthening Yoga Sequences* combining balancing postures with ones to strengthen bones/muscles from Dr Fishman's research. Hold postures 30-75 seconds. B-r-e-a-t-h-e deeply and fully. Start by centering yourself. Details [here](#).

Standing to Floor Sequence | Julie Lusk

**Mountain Pose
w/ Wings**

**Bone strength
Balance**

Chair Pose

Bone strength

Tree Pose

**Bone strength
Balance**

Warrior Pose II

Muscle strength

Warrior Pose I

Muscle strength

**Table ~ Sunbird ~
Plank**

**Bone strength
Balance**

Downward Dog

**Bone strength
Muscle strength**

**Cobra ~ Locust ~
Boat**

**Bone strength
Muscle strength**

Bridge Pose

Bone strength

Relaxation Pose

**Strengthen body,
balance & focus**

