

# Yoga for Healthy Bones & Resiliency as We Age

OLLI Eight-week Course, Fall 2023

Kimberly A. Green

[kagreen1130@gmail.com](mailto:kagreen1130@gmail.com)

## Required Props

- yoga mat
- two 9x6x4 yoga blocks
- 10' yoga strap

## Class Dates & Time

This is an eight-week course that meets 10:00 - 11:30 AM Saturdays, from September 9 through November 4 **except** September 30.

**We will not meet Saturday, September 30.**

## Course Description

This hatha yoga course gradually introduces all of the necessary elements for a complete practice that helps holistically to build bone, muscle strength, and better balance.

The primary objectives of the course are to

- Accelerate increases in bone mineral density;
- Increase integrated muscle engagement;
- Build body-awareness, alignment, and better postural habits;
- Increase strength in the prime mover muscles to preserve muscle power;
- Protect the joints, ligaments, and tendons, while stimulating the bones; and
- Create dynamic practices that include movement and balance to promote confidence and reduce fall risk.

Each week we'll learn and/or revisit several yoga asanas (poses) that help to meet the above objectives. Variations of poses will be offered. Other elements of yoga and wellness will be included as well.

### **Week 1: Overview of Yoga for Bone Health**

- How can yoga help strengthen my bones?
- Building a Solid Foundation: Why posture, balance, and proprioception are all important for healthy bones
- How do I stack up? Baseline self-check for standing posture, gait, balance, and proprioception

### **Week 2: Body Awareness: The Key to Posture, Balance, Strength, and Confidence**

- Where are my parts? Knowing where your limbs are in space (proprioception) is important for posture, balance, and confidence.
- Proper body alignment helps us to use our bones and muscles together intentionally for optimal strength, posture, and gait.
- An organized and solid foundation is essential for all yoga asanas (poses).

### **Week 3: Lumbo-Pelvic Hip Complex as Core of Balance and Strength: Finding a neutral pelvis**

- A strong core is critical for a healthy back, balance, and posture.
- Fundamentally organized standing and seated yoga postures carry over into daily life to build healthy postural awareness off the yoga mat.
- Postural awareness helps maintain strength and balance, which are important in fall prevention and fracture risk.

### **Week 4 - Strengthening the Upper Back: The role of good posture**

- Build strength in the upper back to help create and maintain good posture.
- Why is good posture important for overall health? Beyond “standing up straight”

### **Week 5 - Abdominal Strength without Spinal Curvature: Building strength from the inside out**

- What is the “core”? Hint: It isn’t just the rectus abdominis (“6-pack” abs)!
- Crunches and sit-ups are not our BFFs. Keep the spine safe while strengthening the core.
- When we have core awareness and strength, we are more confident and resilient, and carry ourselves with more ease.

### **Week 6 - Spinal Rotation: The Importance of Safe Spinal Rotation**

- Why spinal rotation is important, and how to do it safely
- Rotation and flexion: what’s the difference? The do’s and don’ts

### **Week 7 - Consolidation & Confidence: Healthy Bones for More Resilient Aging**

- Can we rebuild lost bone mass density with yoga?
- Maintain healthy bones for life.

### **Week 8 - Putting it all together**

- Recheck standing posture, gait, balance, and proprioception.
- Incorporating yoga for bone health into daily life: A prescription for a healthier mind and a more resilient body.

### **Optional Reading**

#### ***Research Articles:***

- [Twelve-Minute Daily Yoga Regimen Reverses Osteoporotic Bone Loss](#)
- [Effects of Yogasanas on osteoporosis in postmenopausal women](#)
- [Yoga might be an alternative training for the quality of life and balance in postmenopausal osteoporosis.](#)
- [Yoga Practice for The Elderly: Good Choice to Avoid Falls](#)
- [Suggestions for Adapting Yoga to the Needs of Older Adults with Osteoporosis](#)

#### ***Other Reading:***

[Yoga and Osteoporosis: The Do’s and Don’ts](#), Amber Burke, Yoga International

### **About Me**

Kim Green has been practicing yoga and meditation since the 1990s. She has studied yoga for bone health and aging extensively and enjoys teaching a variety of yoga styles, self-myofascial release, and meditation. She has a particular interest in teaching yoga for healthy connective tissues (including the bones). Kim teaches group yoga and self-myofascial release classes, workshops, and themed courses, and works individually with private clients. She is a Certified Registered Yoga Teacher (RYT-200; currently pursuing RYT-500), as well as a Certified Level II Reiki practitioner.