

## Yoga for Healthy Bones & Resiliency as We Age

### OLLI Eight-week Course, Fall 2023 Week 3 Summary – September 23, 2023

#### **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.

In Week 3, we practiced between a posterior tilt (pelvis thrust forward, shoulders rounded forward and chest collapsed), anterior tilt (deep lumbar spine curvature, hips and buttocks pushed back, chest thrust forward), then finding neutral pelvis – the “Goldilocks” position, somewhere between the two extremes. A neutral pelvis is important not just in yoga postures, but also in daily life to encourage healthy postural awareness when sitting, standing, and moving. Postural awareness helps maintain strength and balance, which are important in fall prevention and fracture risk.

Props – Chair, strap, 2 blocks, blanket, 1 therapy or tennis ball

Week #3 Poses:

Lie on your back with knees bent, toes turned in towards each other with knees resting in on each other, allowing hips and spine to relax); belt the knees if unable to relax the groin area.

- Pelvic tilts – feet and knees hips-width
- Supta Hasta Padangusthasana (Reclined Hand to Big Toe Pose)
- Ardha Urdhva Prasarita Padasana (Half or One-Legged Upward Extended Feet Pose)
- Ardha Navasana (Half Boat Pose)
- Marjaryasana/Bitilasana (Cat/Cow)
- Use blocks to come up from the floor
- Utkata Konasana (Goddess Pose)
- Alternate between Utthita Tadasana (Star Pose) to Utkata Konasana (Goddess Pose) X3
- Step or hop feet together into Tadasana (Mountain Pose)
- Tadasana (Mountain Pose) – postural awareness, find a neutral pelvis
- Standing Pelvic Tilts – bend the knees a bit and try to isolate the pelvic region to find anterior and posterior tilts, eventually landing in a neutral pelvis.
- Standing Ustrasana (Simple Standing Backbend)

- Use blocks to return to the floor
  - Setu Bandha Sarvangasana (Bridge Pose) – sacrum supported with block
  - Supta Hasta Padangusthasana (Reclined Hand to Big Toe Pose) – using a strap passively to lengthen the muscles of the legs and hips, leg supported by a bolster, blanket, or block
  - Jathara Parivartanasana (Bent Knee Twist or Revolved Abdomen Pose)
- Savasana (Corpse Pose)

Practice poses from previous weeks:

Tadasana (Mountain Pose)

Utkatasana (Fierce Pose)

Vrksasana (Tree Pose)

Dynamic balancing

Utkatasana (Fierce Pose)

Saaras Pakshi Asana (Stork Pose) – static; look in different directions, moving the head

Ustrasana (Camel Pose – simple standing backbend)