

YOGA *for*

Improve bone health

with **Lauren Barnert-Hosie**
Certified Iyengar Yoga Therapist

OSTEOPOROSIS

& Osteopenia



Nourish your bones by...

- *Improving balance to help prevent falls*
- *Building bone density through muscle-to-bone actions*
- *Strengthening weight-bearing capacity with correct alignment*

ZOOM ACCESS
upon request

TWO INTRODUCTORY WORKSHOPS

An Orientation to Specific Yoga Practices
for Osteo-Health

(Choose the date that's best for you)

Saturday Dec 7 11 am - 12:30 pm

Friday Dec 13 12 - 1:30 pm

Workshop fee: \$30 *(please pre-register)*

THE COMPREHENSIVE COURSE

An Eight-Session Series

starting in early 2025

(dates TBA)

*Learn to safely and confidently
practice yoga specific to bone health.*

YOGA practiced in a **"very specific way"**,
can substantially and safely improve bone health.

Register/Pay Online at www.openspacesyoga.com or in studio

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OPEN SPACES YOGA CENTER

