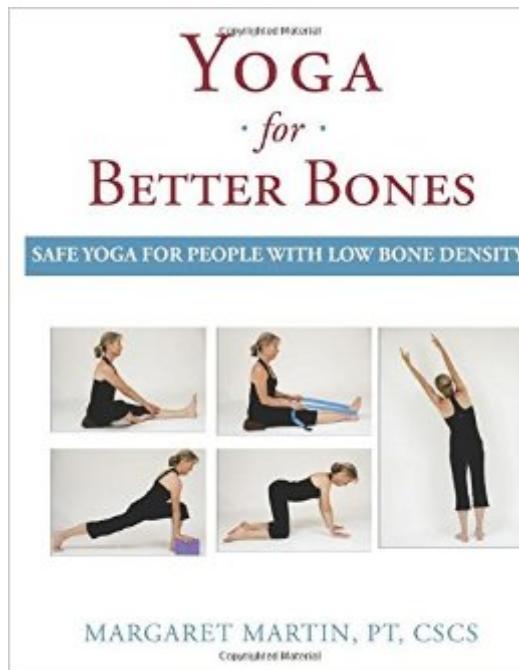


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# **Yoga For Better Bones: Safe Yoga For People With Osteoporosis**



## Synopsis

Yoga for Better Bones shows you how to practice Yoga safely if you have osteoporosis or low bone density. This Second Edition of Yoga for Better Bones is a practical step by step guide written by Margaret Martin, PT, CSCS - a Certified Yoga Teacher and a Physical Therapist with over 30 years helping clients achieve their health goals. Richly illustrated with clear photo images demonstrating modifications to popular Yoga poses. Detailed and clear explanations of why you need to modify your Yoga practice if you have low bone density or osteoporosis. Ideal for individual Yoga practitioners and Yoga teachers. This book shows you how to practice Yoga with confidence and reduce your risk of fracture from osteoporosis.

## Book Information

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