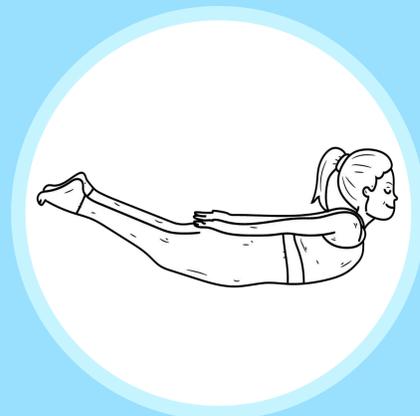


Bone Health (p. 1 of 2)



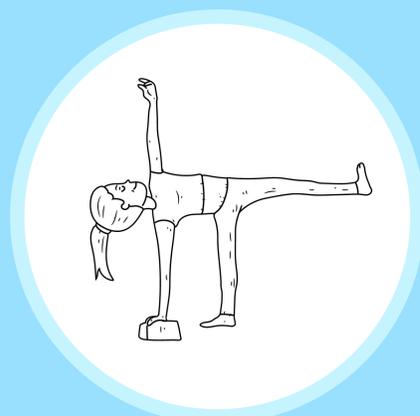
Vrksasana
(tree)



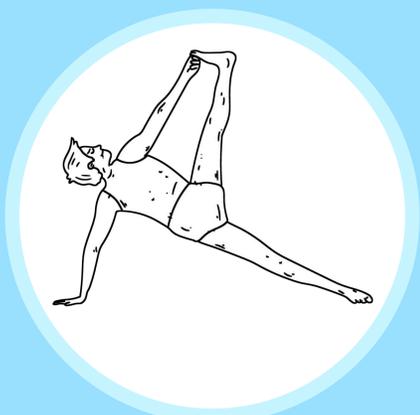
Śālabhāsana
(locust)



Viranchyasana



Ardha Chandrāsana
(half moon)



Vasiṣṭhāsana
(side plank)

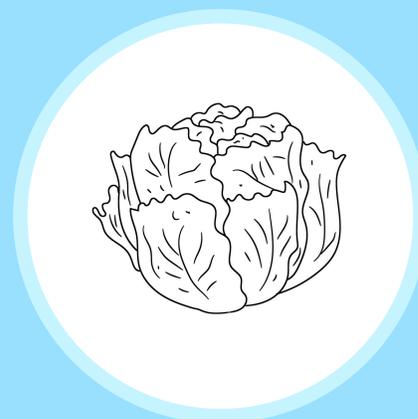


Calcium

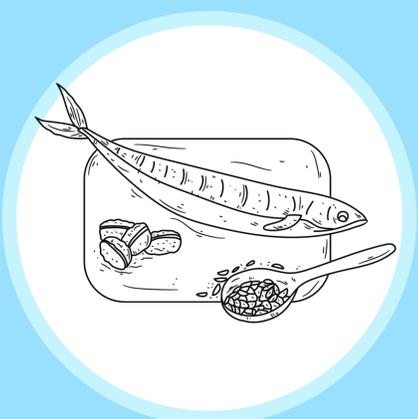
Bone Health (p. 2 of 2)



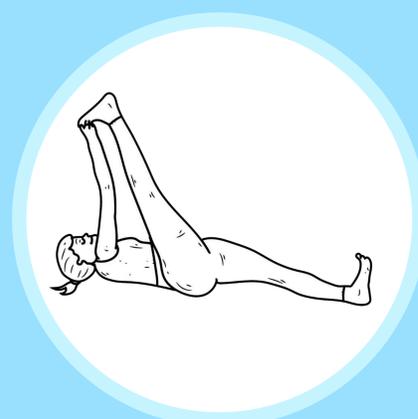
Vitamin D



Lettuce and Green Leafy Vegetables



Omega 3s



Supta Padangusthasana
(reclined big toe pose)