## Bone Health (p. 1 of 2)

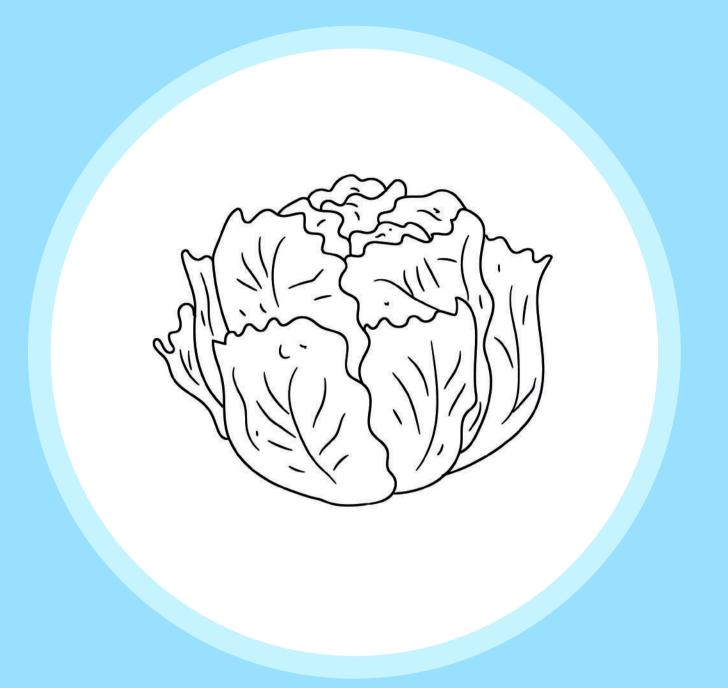


This content has not been reviewed by a doctor. This is not medical advice. Please discuss any yoga program and supplements with your doctor to see if it's right for you, your body, and your condition. Learning yoga postures online without a live, qualified teacher is risky. Please find a good teacher and work with them live. Most poses shown are very advanced and modification will be required for each body type. Investinprana.com

## Bone Health (p. 2 of 2)



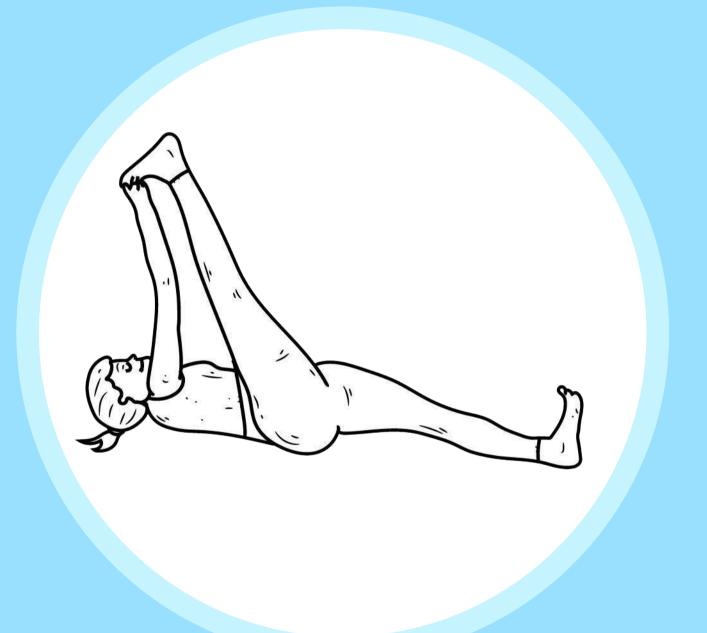
Vitamin D



Lettuce and Green Leafy Vegetables



Omega 3s



Supta Padangusthasana (reclined big toe pose)

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