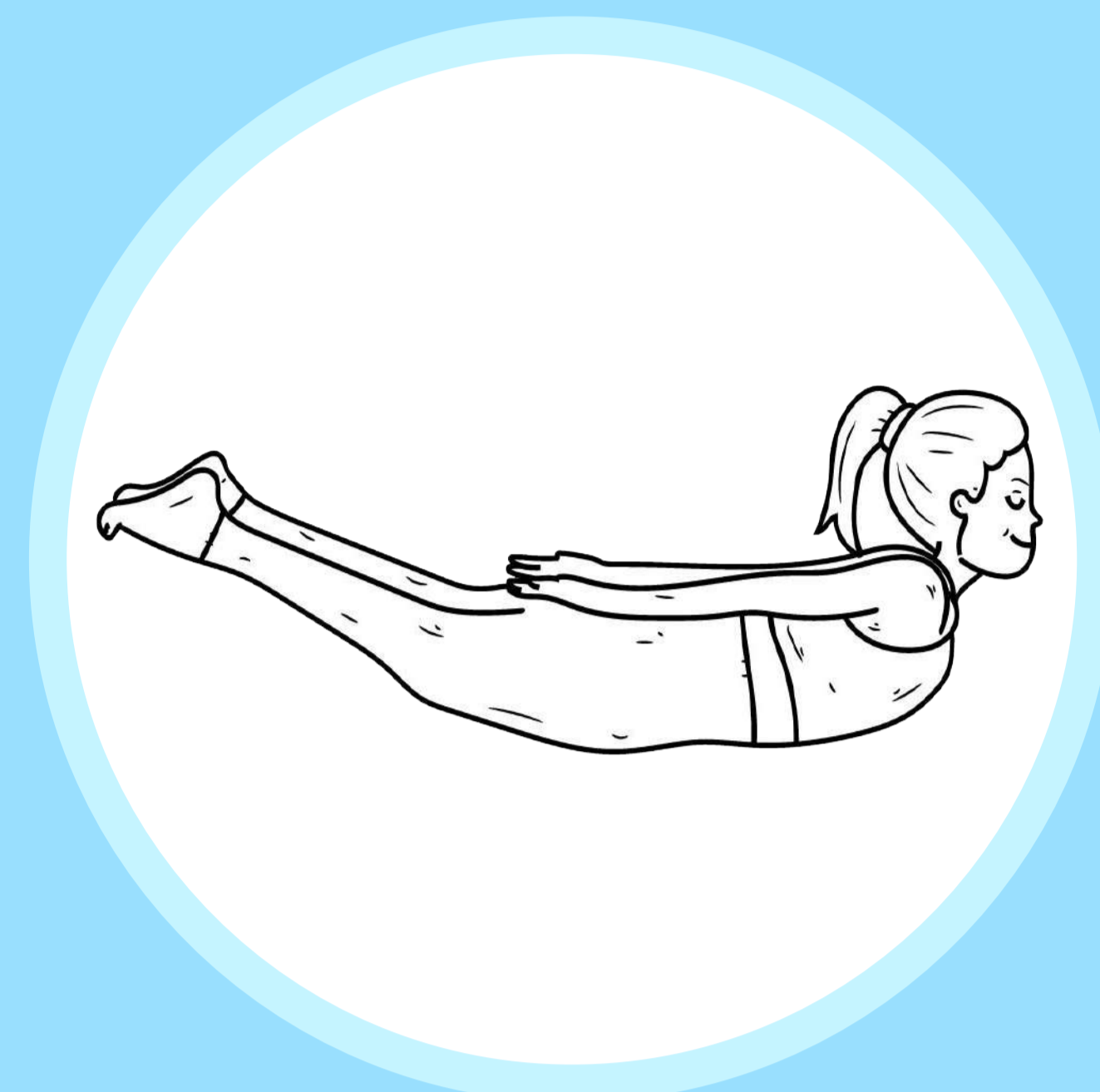


## Bone Health (p. 1 of 2)



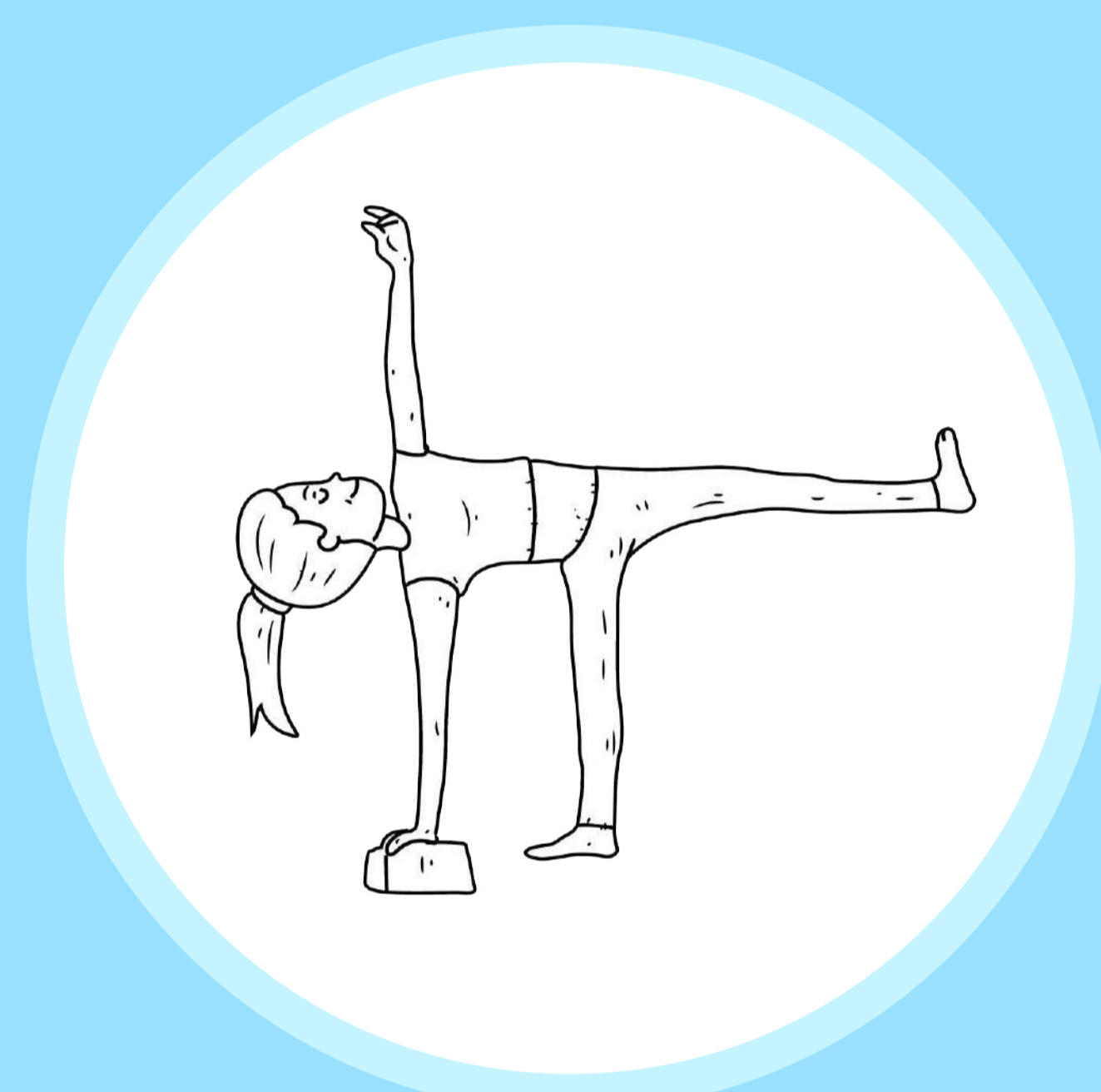
Vrksasana  
(tree)



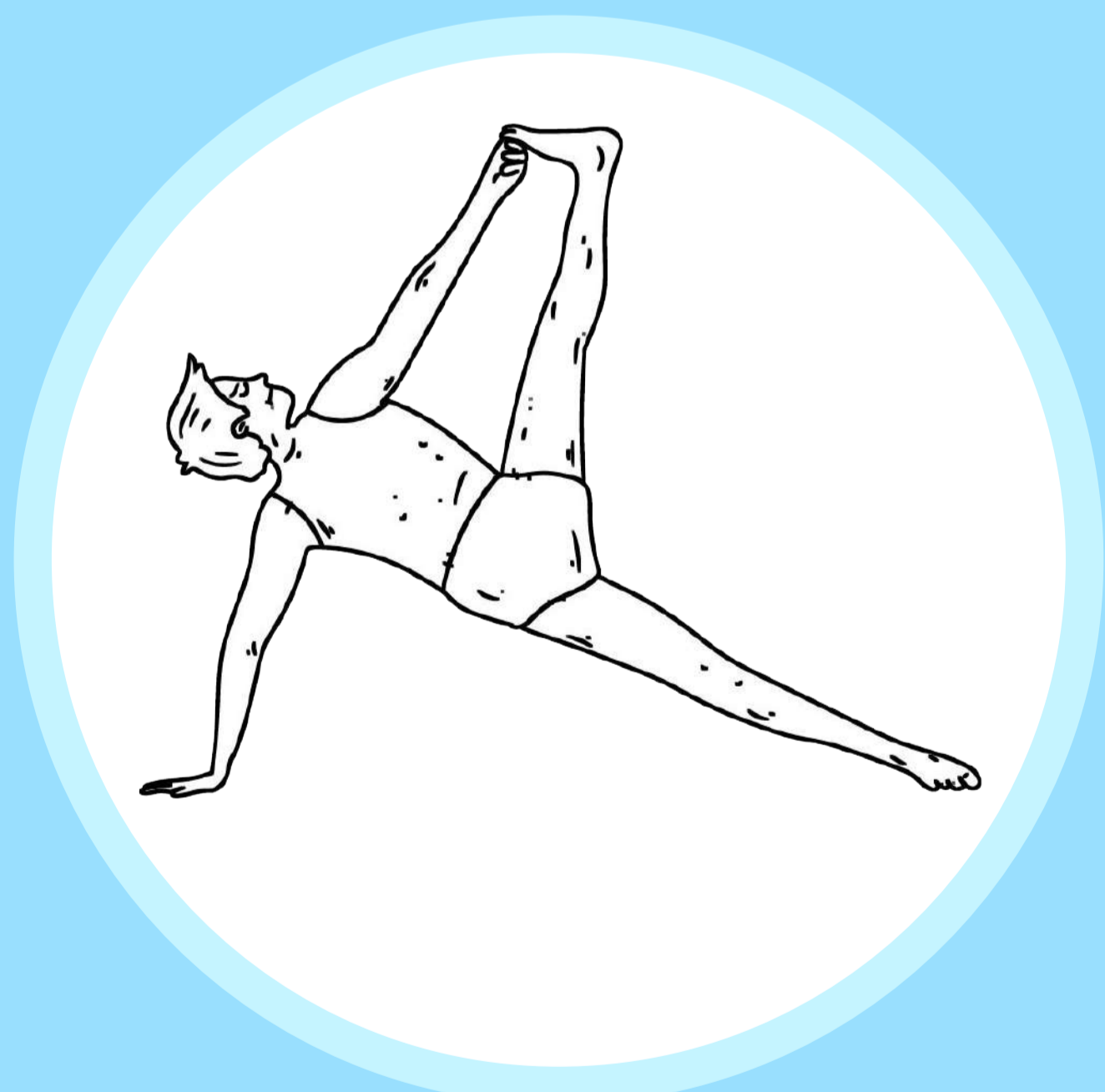
Śālabhāsana  
(locust)



Viranchyasana



Ardha Chandrāsana  
(half moon)



Vasiṣṭhāsana  
(side plank)

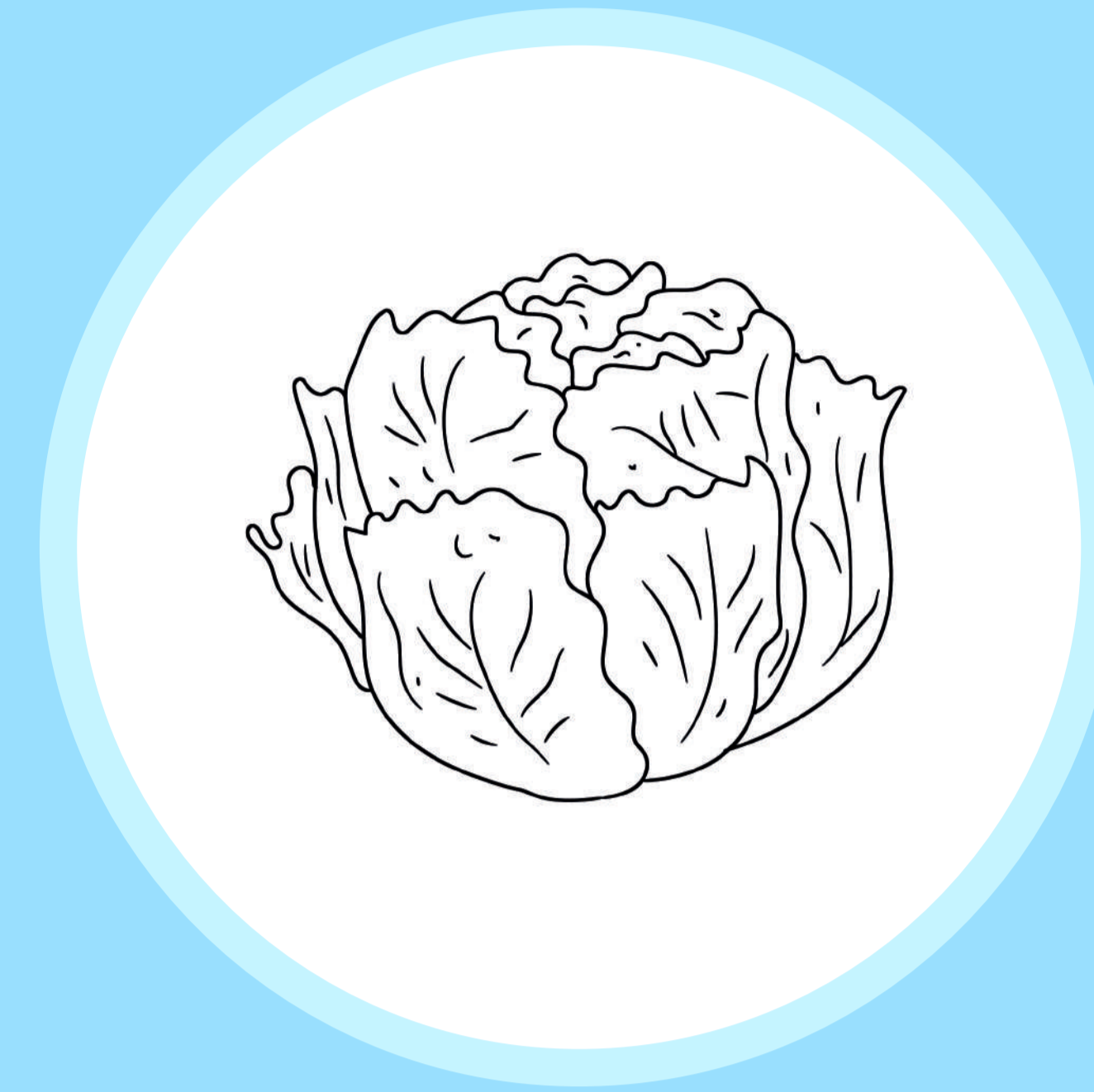


Calcium

## Bone Health (p. 2 of 2)



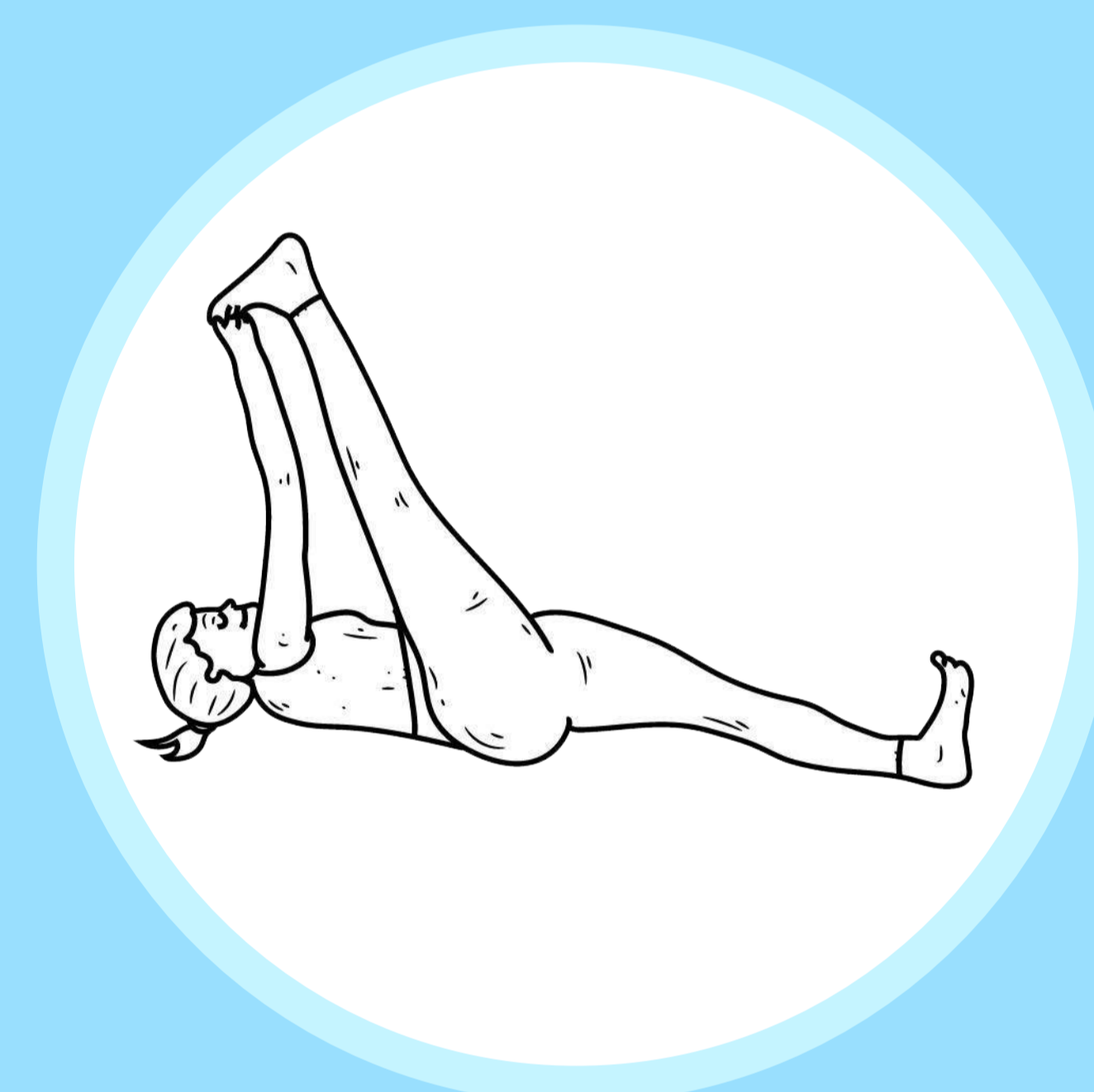
Vitamin D



Lettuce and Green Leafy Vegetables



Omega 3s



Supta Padangusthasana  
(reclined big toe pose)