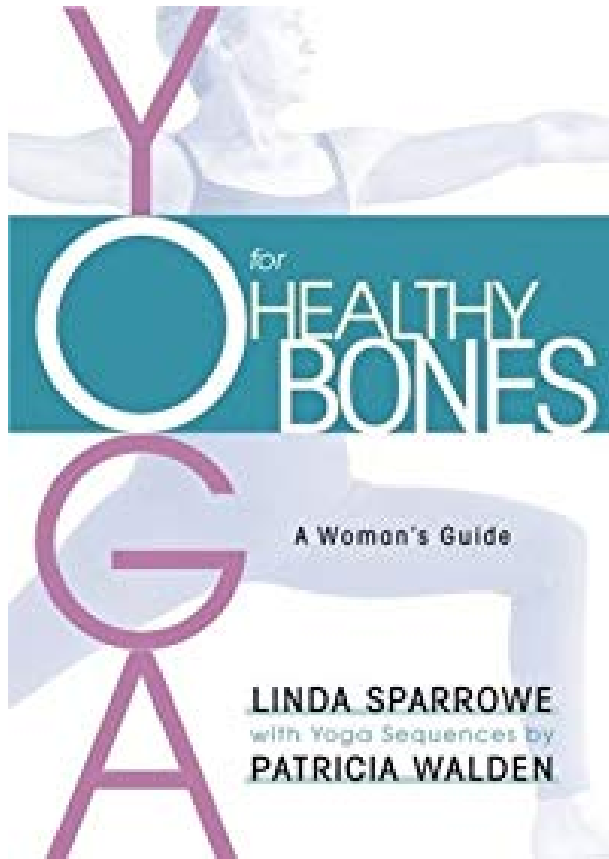


# Yoga for Healthy Bones: A Woman's Guide



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This book offers a complete program of yoga poses designed for bone health, new medical information on diet and lifestyle, and instruction on meditation and breathing techniques that strengthen and restore energy. Yoga sequences are designed for: preventing injuries; building strength; releasing tension; increasing range of motion; elongating the spine; building stability and balance; increasing flexibility; relaxing deeply.