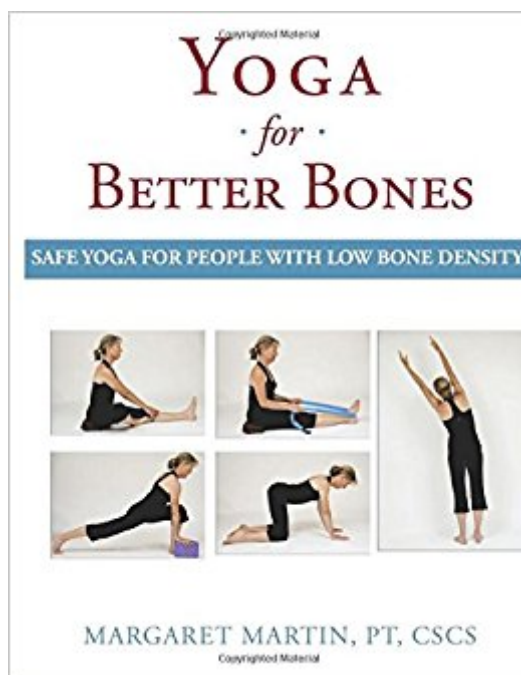


The book was found

# 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

Paperback: 78 pages

Publisher: Kamajojo Press; Second edition (June 29, 2016)

Language: English

ISBN-10: 0991912578

ISBN-13: 978-0991912575

Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #332,143 in Books (See Top 100 in Books) #34 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis](#) #851 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#)

## Customer Reviews

Margaret Martin is a Physiotherapist and Certified Strength and Conditioning Specialist (CSCS) with over 30 years of experience helping individuals achieve their health and fitness goals. She is the recipient of the 2011 Award of Distinction from the College of Physiotherapists of Ontario for her achievements and significant contributions to Physiotherapy. Margaret is the author of Exercise for Better Bones and Yoga for Better Bones. She also has developed two online courses for health and fitness professionals, Building Better Bones and Building a Stronger Core. Her Physiotherapy studio is located in Ottawa. Margaret has combined her years of Physiotherapy experience and her knowledge of Yoga to write Yoga for Better Bones.

Excellent product!!!! A+++++

I have not had time to read through the entire book, but the many typos indicate that either there was a problem with my download, or they need to fix something from their end.

[Download to continue reading...](#)

Osteoporosis: How To Reverse Osteoporosis, Build Bone Density And Regain Your Life  
(Osteoporosis, Bone Density, Strong Bones, Healthy Bones, Osteoporosis Cure) Yoga for Better Bones: Safe Yoga for People with Osteoporosis Exercise for Better Bones: The Complete Guide to Safe and Effective Exercises for Osteoporosis Better Bones, Better Body: A Comprehensive Self-Help Program for Preventing, Halting and Overcoming Osteoporosis Resolving Osteoporosis: The Cure & Guide Book: A Referenced Guide to Your Body, Life, Mind, Bones, Prevention and Diet While Dealing With Osteoporosis Bone Health: Treatment for beginners - Basics about Bone Health, Bone density, Osteoporosis and Osteopenia (Osteoporosis and Bone Health - Healthy Bones Tips - Bone Health 101) Your Bones: How You Can Prevent Osteoporosis and Have Strong Bones for Life - Naturally Your Bones: How You Can Prevent Osteoporosis & Have Strong Bones for Life Naturally Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Bones, Bones, Dinosaur Bones The Osteoporosis Exercise Book : Building Better Bones Yoga Builds Bones: Easy Gentle Stretches That Prevent Osteoporosis How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) The Osteoporosis Diet: The Complete Guide To Osteoporosis Nutrition, Supplements, & Exercise To Reverse Bone Loss Without Drugs All About Osteoporosis, A Book That Tells All You Need To Know About Osteoporosis Vitamin K: Understanding The Healing Powers Of A Little Known Vitamin (Vitamin K, Vitamin K2, vitamin k2 and the calcium paradox, vitamin K and the calcium paradox, osteoporosis, osteoporosis cure) 7 Secrets to Prevent or REVERSE Osteoporosis and Osteopenia: How I Reversed Osteoporosis Naturally Without Drugs And How You Can Too!. Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Better Bones, Better Body : Beyond Estrogen and Calcium

Contact Us

DMCA

[Privacy](#)

[FAQ & Help](#)