

YOGA FOR OSTEOPOROSIS

SUNDAY, JULY 19

3:30-6:00 PM

Cost: \$50 by July 18 or \$60 on July 19

Cash, check payable to Janet Parachin, Venmo to Janet-Parachin, PayPal to jparachin@cox.net, Zelle to 918-261-9786

Over two decades of research has demonstrated that Yoga not only protects brittle bones but also strengthens them. Wouldn't it be great to know which poses are best to strengthen the bones most affected and how often to do these poses? This workshop will teach you the proven protocol for slowing and reversing bone loss.

Brittle bones affect 53 million Americans: About 10 million have osteoporosis, a serious disease that causes debilitating bone fractures, and another 43 million have osteopenia, weak bones that put them at risk for the more severe disease. Sadly, many people do not even know they are in the danger zone.

**TULSA YOGA
MEDITATION CENTER**
5319 S. SHERIDAN RD
IN THE FARM OFFICE
BUILDING, 51ST AND
SHERIDAN RD
WWW.TULSAYOGAMEDITATIONCENTER.COM
918-261-9786

In this workshop we will

√ Discuss osteopenia and osteoporosis, how they are different and who is most at risk. We will also highlight which yoga postures are most beneficial and which ones should be avoided and why.

√ Practice the postures that protect and reverse bone loss in the hips, femur and spine. You'll receive the list so you can continue to practice.

Bring a yoga mat and dress for movement



Janet Parachin has been practicing Yoga for over 30 years and teaching for over 20 years. She is a certified Yoga therapist with more than 2100 hours of training in yoga therapy, Ayurveda and Reiki. She is the Director of Tulsa Yoga Meditation Center and teaches so that all may be free in body, mind, heart and spirit.