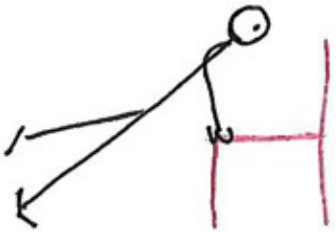
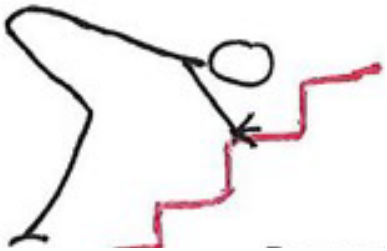
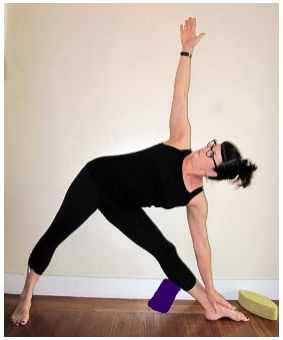
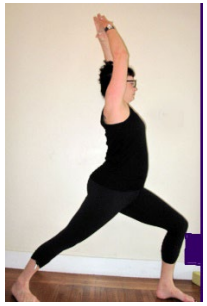
Simple Osteoporosis Protocol

"My body supports me" *"My body supports me"* *"My body supports me"* **Sankalpa**	 **Prithvi Mudra**	 **Plank on Chair** (life one leg)	 **Down Dog on Chair**
 **Down Dog on Stairs**	 **Warrior II** (block at wall)	 **Triangle** (calf on the block)	 **Side Angle**
 **Warrior I** (block at wall)	 **Krishna's Sidebend**	 **Locust variations**	*"My body supports me"* *"My body supports me"* *"My body supports me"* **Repeat Sankalpa**