



Namaste,

## Yoga & our Bones

It's easy to forget that bones are living tissue, constantly being dissolved and rebuilt in a natural cycle. Statistics around bone health are quite staggering, & for many people, sooner or later, bone density will become a potential health concern. Poor diets & sedentary lifestyles will almost guarantee brittle bones for some of us. No doubt it's part of aging, particularly in women, who face significant hormonal changes as they age. BUT... the good news is that we can have an impact on maintenance and repair at any age!!

Our bones are comprised of both minerals, like calcium and a "gelatin matrix" of water and collagen. They appear solid, but, like bamboo, are healthiest when they are strong, but flexible, pliant and moist. Bone is the living tissue that is constantly broken down and built up, which is what affects its density. Bone loss is as inevitable as ageing. Men and women acquire the maximum bone mass by the age of 30. Once you are 30, your bone density declines. There have been many studies published over the last few years that show yoga can not only slow bone density loss, but can in-fact increase bone mineral density.

A study conducted on over 700 people who followed a 10 minute session of 12 yoga poses everyday, showed how yoga can improve bone health. The results were collected at the start of the study and a decade from when it started. The poses included:

Tree pose, Triangle pose, Twisted-triangle pose, Side-angle pose, Bent-knee twist, Corpse pose, Warrior II pose, Locust pose, Bridge pose, Supine hand-to-foot I pose, Supine hand-to-foot II and Straight-legged twist pose.

The second round of tests on bone density, blood and urine chemistry and X-rays showed that 227 patients who pledged to have practiced the 12 poses regularly had better bone density.

Another study conducted on a random 18 members from the 227 participant group showed that all of them had better bone support, where their bodies supported bone structure and was less prone to fracture or damage. Other participants who did not show a significant improvement in bone density, however did show an improvement in body posture and balance.

Research has recently shown that 72-seconds is an ideal time to hold a yoga posture for maximum benefit. But if this is too long, work at your own capabilities and gradually over time you might find your endurance increasing. As you practice these asanas, listen to your body's signals and work to your edge but not past it. Uncomfortable strain on joints should signal you to back off.

Yogis see firsthand what a lifetime of practice can do: Yoga, and its integration of proper alignment with the demand placed on bones and muscles, builds stronger hips, backs, knees and spines. Yoga teaches us to integrate proper joint function and movement to lift and carry our body's weight. Weight-bearing yoga postures put the right kind of "stress" on the bones: enough to stimulate cellular production, but not too much that the bones break or fracture. Resisting gravity's pull and supporting our body weight stimulates our bones isometrically, signalling the bones to build up their mass in answer to the challenge. So get practicing today.. not only are you stimulating the systems of the body, you are also assisting the body in building strong bones for a lifetime of good strength & stability.

## Upcoming Events:

### Kids Yoga Holiday Workshop

**Tues 5th July - \$20 p/child**

11.15-12.45pm for 5-7yr olds

1- 2.30pm for 7 - 10yr olds

These holidays let your child explore the art of yoga, through Yogic postures, pranayama, relaxation, story telling, craft & meditation. Yoga Games, obstacle course & partner Yoga Mandala Making, Story Telling, guided Meditation

limited spaces, pls call to book. please bring water & a healthy snack for your child.

### Yoga Holiday Program

**Wed 29th June & 6th July**

6pm Prenatal, 7.15pm Hatha

**Sat 2nd & 9th July**

9am Hatha, 10.15am Prenatal

**Any 2 classes for \$30**

Great opportunity to bring along family or friend to try our wonderful Yoga classes. Bookings essential

**Term 3 Timetable - starts 11th July- please see below for course duration. Full Payment is required by 1st July 2016**

MONDAY 10 wks \$180	TUESDAY 10 wks \$180	WEDS 10 wks \$180	THURS 10 wks \$180	FRIDAY	SATURDAY 10 wks \$180
	9.30am B2 Pembe	10am Over 50s Vicki	9.30am B2 /Int Pembe		9am B2/INT Pembe
		10.30am B1/B2 Natalija	10.40am B1 Pembe		9.15am  PRENATAL Natalija
	4pm KIDS (5-9 yrs) Pembe	11.15am PRENATAL Vicki			10.15am Pembe B1
	5pm TEENS (10-14 yrs) Pembe	11.45am BABY OM Natalija			10.30am B1/B2 Natalija
6.15pm PRENATAL Vicki	6.30pm B1 Natalija	6.15pm B1/B2 Pembe	6.15pm B1/B2 Pembe		
6.30pm B1 Pembe	6.30pm PRENATAL Vicki	6.30pm PRENATAL Natalija	6.30pm PRENATAL Vicki		
7.30pm B2/INT Vicki	7.30pm YIN YOGA Natalija	7.30pm B2/Int Pembe	7.30pm INT Pembe		
7.45pm B2 Pembe	7.45pm Broga (Yoga for Blokes) Vicki	7.45pm B2 Natalija	7.45pm B1 Vicki		

**B1** - very little or no previous experience, introducing the core base poses & breathing techniques

**B1/B2** - up to 6 months of consistent practice, consolidating Surya Namaskara & base poses

**B2** - over 6 months experience, introducing more vinyasa, twists, standing, balancing, seated, prone & supine asana

**B2/Int** - at least 2 yrs solid, consistent practice, consolidating B2 curriculum & introducing Intermediate asana, revolved postures, deeper twists.

**Int**- at least 3 years solid, consistent practice, with more dynamic vinyasa, supported inversions.

**Over 50s** - suitable for 50yrs + & injured students, lots of props are utilised

**Yin Yoga** - suitable for all, slower pace, poses are well supported & held for longer.

Prenatal Couples Yoga Workshop - partner yoga practice uses shared weight, massage, counter balancing and mutually supportive yoga asanas (postures) to prepare for childbirth and alleviate some of the discomforts of pregnancy. Taught by Yoga Teacher & mother of 2, Vicki Nguyen, who has been teaching Prenatal Yoga since 2003. Join her for fun afternoon of Partner Asana, Pranayama & relaxation. Particular emphasis will be placed on the labour experience, ideal positions for delivery, breathing techniques for delivery & guided visualisation . Held on Sat 18th June & Sat 6th Aug , 2pm - 3.30pm \$60 per couple. Call 93311888 to book

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