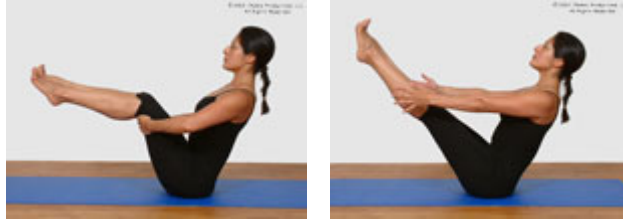


Pose of the Week 6-14-08

Boat



Navasana

(nah-VAHS-anna)

nava = boat

Boat pose is a seated balance that strengthens the abdominals, hip flexors and back. It may take time to build the strength in the back to hold the full pose (right). Tight hamstrings may limit the ability to straighten the legs. In both cases, a modified pose (left) is helpful.

- Strengthens the abs, core strength
- Strengthens and lengthens the back
- Strengthens the hip flexors
- Develops focus and concentration

Primary Muscles – Rectus Abdominus, Hip Flexors, Calves, Hamstrings, Spinal Extensors, Neck, Quadriceps

Variations - Bend knees, hold legs, hands on floor behind hips

Tips –

- Lift and open the heart
- Avoid any rounding in the back – if back rounds, backtrack to a variation that allows your back to stay long
- Pull the low back up and in
- Keep balance point between the sit bones and the tailbone
- Keep chin up creating space in the neck

I can navigate rough waters with inner strength and steady breath.



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