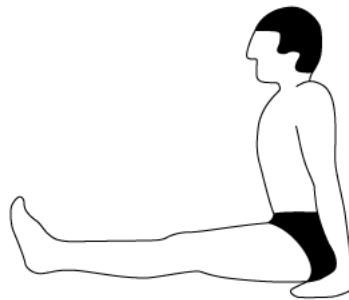


Pariipurna Navasana – Boat Pose

Navasana is a seated pose that strengthens the abdominal core and increase focus and balance. It relieves gaseous bloat, reduces the waistline and stimulates the kidney band.



1. Sit on the floor in Dandasana.
2. On an exhalation tilt the trunk back slightly and raise the legs from the floor. Keep the legs straight and engaged. Balance on the buttocks w/legs at a 65° angle.
3. Stretch the arms forward parallel to the floor.
4. Breathe normally working up to 30 seconds.
5. Lower the hands and legs and lie back to relax.
6. Variations: keep the knees bent and/or support the balance with the fingers next to the hips.