

BOAT POSE

- Begin sitting on the floor. Legs straight, back long.
- Lengthen through the heels and take the head to the roof to create 90 degree angle.
- Place palms on the floor at your hips, fingers pointing towards your feet.
- Straighten your arms to lengthen the spine.
- Take your awareness to your sit bones. Make sure that they are taking your weight evenly.
- Exhaling recline slightly and bring your legs up. Maintain the 90 degree angle and keep the weight even through your sit bones.
- Extend the arms parallel to the ground at shoulder height, palms facing.
- Maintain posture for 5-10 breaths.
- Exhaling, palms back to the ground and lower legs to starting seated position.

Benefits

- Improves balance.
- Lengthens hamstrings and lower back.
- Resilience.
- Inner focus.

Beginners Advice

- Keep palms on the ground. Priority is straight legs.
- Only bring legs as high as quality allows.

Challenge

- Remain in posture for more breaths and bring legs up higher.
- Repeat the posture a number of time to challenge body and mind.

Adjustments / What to look for

- Excessive curvature of the spine. A long spine is desired through out the posture.
- Excessive bending at the knees. Straight legs are the priority during this posture. Lower legs until quality is regained.
- Holding breath. Breathing is the key to a more comfortable challenge.

