



Navasana Boat

Adjustments and variations, prep and follow-up poses, advancements

Relevant Anatomy: Internal and external benefits / risks

Other Benefits to Class: spiritual, chakras, sequence development...

SHORT SCRIPT:

- Bend your knees and place the feet flat on the floor.
- Pull your heels magnetically toward your body.
- Lengthen your spine and slowly lean back, balancing on the fleshy space between sit bones and tailbone.
- Listen to your back for cues, and keep your hands on your legs if you need to. If you feel strong and pain free, lift your feet off the floor.

MY EXTENDED SCRIPT (what I like to talk about in this pose)