

Asana

Boat Pose 1

Nava Asana

Starting Position: seated, legs outstretched in front of you.

Bend the knees and flex the feet. Press your legs together and the heels into the floor (Mula Bandha). Bring your chin to the chest and your forehead to the knees. Exhale to pull your abdomen inwards and upwards as much as possible and hold it in this position. Stay for a few breaths, directing the breath into your back.

Breathe in and retain the breath. With your chin on your chest and your abdomen pulled in, gaze towards the sternum and slowly lean backwards, resting your back vertebra by vertebra on the ground up to your shoulder blades.

Hold this position for 15-30 seconds without unclenching your abdomen, then relax in supine.

Roll on to one side and place one hand on the ground pressing up into a sitting position; or rock back and forth into the sitting position.



Practice 3-7 repetitions.

Contraindications: some forms of slipped disc.

Benefits: correctly tones and develops awareness of the abdominal area. This is important for the health of the vertebral column. Furthermore, this posture improves functions of the digestive organs and is effective against meteorism; has a slimming effect and enhances body stability.