



Boat Pose

Boat Pose, also known as Navasana in Sanskrit, is a yoga posture that strengthens the core muscles, improves balance, and stimulates the digestive system. Here's how to perform Boat Pose:

1. Start by sitting on the yoga mat with your knees bent and your feet flat on the floor.
2. Place your hands on the floor behind your hips, fingers pointing toward your feet, and lean back slightly to lift your feet off the ground.
3. Engage your core muscles by drawing your navel in towards your spine and straighten your legs so that your body forms a V shape.
4. Keep your spine long and your chest lifted, avoiding rounding your back.
5. Extend your arms straight out in front of you, parallel to the floor, palms facing each other.
6. Balance on your sit bones and lift your chest towards the sky, keeping your shoulders relaxed.
7. If you feel stable, you can slowly begin to straighten your legs, aiming to bring them to a 45-degree angle with the floor.
8. Hold the pose for 10-30 seconds, breathing deeply and evenly.
9. To release, exhale as you gently lower your feet and sit bones back to the mat.

You can modify Boat Pose by keeping your knees bent if straightening the legs is too challenging. Additionally, you can place your hands on the backs of your thighs for extra support. As you build strength and balance, you can work towards straightening your legs fully and holding the pose for longer durations. Avoid Boat Pose if you have any lower back or neck injuries, and always listen to your body's limits.