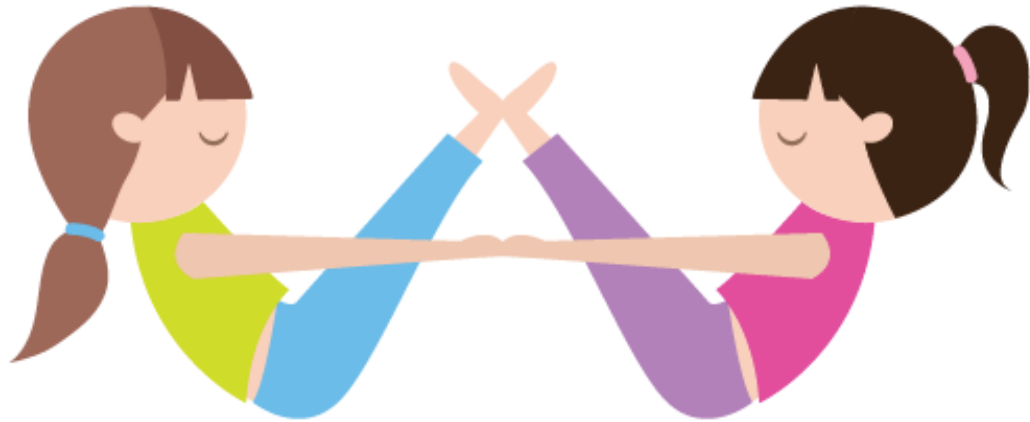




Find space on the floor, lift your knees and feet off the floor one by one.

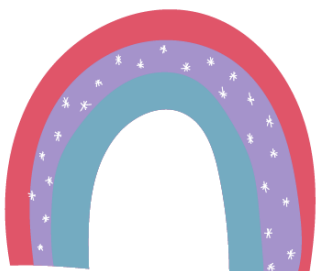
As you find your balance, lift your arms up to be parallel to the floor.

Row Your Boat



With a partner, make a double-boat!
Could you add more people and make a unique shape?

Can you straighten your legs?
How long can you hold it for?



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Boat pose (Navasana) is great for strengthening your core muscles!


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