



### Boat Pose

The fourth in our series of yoga poses is Boat Pose. Boat is a tremendous pose for building strength throughout the mid-section of your body. It calls for engagement of back muscles, abdominal muscles and hip flexors. At the same time it is a forward fold so stretches your hamstrings. Boat strengthens your back, confers good posture, builds core stability, improves balance and gives you a strong sense of self-esteem.

How to do it:

- Sit on the floor with your legs bent, your feet flat on the floor and your legs together.
- Place your hands just behind your hips.
- Draw your shoulder blades down your back, lift your chest and lift your chin off your chest. Do not let your low back collapse towards the floor.
- Lift your feet off the floor and straighten your legs. If this is too much for you have your legs bent with your shins parallel to the floor.
- Reach your arms straight forward from your shoulders. Again, if this is too much you may cup the backs of your knees with your hands for support or keep your hands at the floor behind you.
- Lift your eye gaze and take five long, slow breaths before gently releasing down.

