

## NAVASANA LL08

## ROW BOATS

### DIRECTIONS

Sit on butt holding rope with hands next to the heels of the feet. Separate the hands and feet by simultaneously letting the feet go forward as far as possible while equally letting the hands take the falling torso backwards. Bring the hands and feet back together in a slow coordinate motion. Repeat 10+ times or perform for 1 minute.

### CAUTIONS

This exercise is challenging.

Coordination with this exercise may take some time.

Go slowly and improve "One Day at a Time"

This exercise is a good way to learn how to use your abdominal musculature to position the hips to roll forward and backward.

### MODIFICATIONS

Keep one foot stable on ground while extending the other.

### BENEFITS

NAVASANA brings together this whole Lumbar Love sequence and challenges your whole core by strengthening your hips, thighs, low back and deep abdominal muscles.

Navasana develops focus and concentration.

Navasana improves balance and coordination.

Navasana Row Boats are an awesome core exercise that show off the new found potential of the yoga rope.

MUSCLES INVOLVED: primary = upper & lower rectus abdominis  
Secondary muscles = external oblique, internal oblique, transversus abdominis, serratus anterior, rectus femoris, iliopsoas

### IMAGERY

Row-Row-Row Your Boat

Gently Down The Stream

Merrily Merrily la de-de de-da