

Peak Pose: Navasana (Boat)



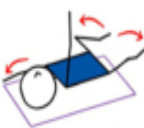
Image	Pose	Description
	Savasana	<p>Lie on back with legs and arms apart. Feet to side, palms up. Release lower back to floor. Close eyes. Abdomen rises on inhale and falls on exhale. Feel heavy with each exhalation.</p> <p>Alternatives: Crocodile. Child.</p> <p>Benefits: Tune into body. Calm. Tranquil. Inner Peace. Clarity.</p> <p>Video: https://www.youtube.com/embed/YBe1nzunHJ0</p> <p>Modifications: Knees bent. Blanket under knees. Blanket under head. Supine star (legs & arms spread out).</p>
	Flow End	
	cycling	<p>Lie on back with knees bent. Engage core. Raise feet until soles of feet point at ceiling. Place hands under bottom. extend right leg, bringing as close to floor as possible without arching back. Draw left knee to chest. Hold without arching back. continue to 'cycle' the legs. Relax head, neck and shoulders. Reverse.</p> <p>Benefits: Works lower back, pelvis, core and shoulders.</p> <p>Video: https://www.youtube.com/embed/4XLEnwUr1d8</p> <p>Precautions : Back injury.</p>




Image	Pose	Description
	Legs Up (hands by side)	<p>Lie on back. Bend knees. Engage core. Raise both legs until soles are looking at the ceiling. Rest arms out to sides with palms facing up. Close eyes. To release, bend knees to chest and bring feet to mat.</p> <p>Benefits: Reduces belly fat. Strengthens core.</p> <p>Video: https://www.youtube.com/embed/bGJq4y0ue1s</p>
	Supine Arms Behind	<p>Lie on back. Knees bent. Palms up. Release lower back to floor. Raise arms overhead until they touch the floor behind you.</p> <p>Alternatives: Crocodile. Child.</p> <p>Benefits: Tune into body. Calm. Tranquil. Inner Peace. Clarity.</p> <p>Video: https://www.youtube.com/embed/OElallUNO1Q</p> <p>Modifications: Knees up. Blanket under knees and/or head.</p>
	Legs Ups	<p>Lie on back. Bend knees. Engage core. Raise both legs until soles are looking at the ceiling. Rest arms behind head with palms facing up. Close eyes. To release, bend knees to chest and bring feet to mat.</p> <p>Alternatives: Legs up wall. Shoulderstand.</p> <p>Benefits: Soothes nerves. Good for balance.</p> <p>Video: https://www.youtube.com/embed/bGJq4y0ue1s</p> <p>Modifications: Engage core and bring hands to feet.</p> <p>Precautions : High blood pressure. Neck injury.</p>

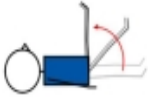


Image	Pose	Description
	<p>Supine Legs Lift</p>	<p>Lie with back on floor. Inhale. Suck navel in. Bend knees slightly and slowly raise both legs. When legs are fully raised you can straighten legs. Flex toes towards navel. Bend knees and slowly lower legs to floor (lower back remains flat on floor while legs come down).</p> <p>Benefits: Strengthens legs & core muscles.</p> <p>Video: https://www.youtube.com/embed/XfRI2tNyW14</p> <p>Modifications: Blanket under head. Hands under hips.</p> <p>Precautions : low back injury.</p>
	<p>Rocking And Rolling</p>	<p>Slit on edge of mat. Wrap arms around legs. Engage core. Round back. Tuck chin toward belly button. Roll back and forth without touching toes to floor (imagine there are hot coals on the floor).</p> <p>Alternatives: knee to chest.</p> <p>Benefits: Stretches inner groin, spine.</p> <p>Video: https://www.youtube.com/embed/bUVGbaZHH_I</p> <p>Precautions : Pregnant. Knee injury.</p>
	<p>Knees To Chest</p>	<p>Lie on back. Legs and arms extended. Both knees to chest. Clasp hands around knees. Wrap forearms over shins. Clasp each elbow with opposite hand. Keep back flat on mat. Release shoulder blades down toward waist. Draw tailbone and sacrum down. Lengthening spine. Softly rock backward and forward or side-to-side for a spinal massage. Tuck chin slightly. Gaze down. Hold. Release.</p> <p>Benefits: Massages spin. Lower back stretch. Good for posture. Relieves tired legs. Strengthens back. Firms abdominals. Strengthens legs and hips. Cures joint pains. Improves blood circulation in legs.</p> <p>Video: https://www.youtube.com/embed/TVk4ht8V8J8</p> <p>Modifications: Knee to chest.</p>




Image	Pose	Description
	Side Reclining I Prep	<p>Lie on left side. Place head on left palm. Lift right leg. Bend right knee. Hold ankle with right arm. Place right foot on floor, toes pointing to left knee. Place right palm on inner side of right hip. Straighten arm. Hold.</p> <p>Benefits: Develops balance.</p> <p>Video: https://www.youtube.com/embed/IOpp9o3U8Wc</p> <p>Modifications: Side reclining on elbow. Side reclining on elbow with knees bent. Easy side reclining pose with chest raised off mat.</p>
	Side Reclining III Prep	<p>Lie on left side. Press outer part of left foot and heels firmly into floor. Raise right arm over head. Arm perpendicular to body. Left arm supports head. Bend right leg at knee. Stretch right leg up. Hold. Release. Repeat on other side.</p> <p>Benefits: Stretches back muscles. Flexible spine.</p> <p>Video: https://www.youtube.com/embed/Dha6wZbFLbY</p> <p>Modifications: Side reclining on elbow. Side reclining on elbow with knees bent. Easy side reclining pose with chest raised off mat.</p>
	Flow End	




Image	Pose	Description
	Extended Child	<p>On all fours. Wrists below shoulders. Knees under hips. Use hands to walk forward and lower chest to floor. Drop buttocks until they reach halfway to feet. Arms straight. Forehead touches floor. Push hips back and stretch spine.</p> <p>Benefits: Stretches arms, shoulders, spine, hips.</p> <p>Video: https://www.youtube.com/embed/eqVMAPM00DM</p> <p>Modifications: A) Interlock fingers behind back. B) Knees together (instead of separated). C) Curl toes under (instead of flat). D) Place a rolled towel under shins. E) Place a yoga blanket underneath knees.-F) Place a bolster or pillow under belly or chest. G) Spread knees wider.</p> <p>Precautions : Knee injury.</p>
	Table Top	<p>Come onto hands and knees. Bring knees hip-width apart. Palms directly under shoulders. Fingers facing forward. Gaze down. Flat back. Press into palms to drop shoulders away from ears. Press tail bone towards back wall and crown of head towards front wall.</p> <p>Benefits: Transition for many floor postures. Lengthens spine.</p> <p>Video: https://www.youtube.com/embed/PGAntbDQ6Xg</p> <p>Modifications: A) Make fists with hands (reduce pressure on wrists). B) Raise an arm. C) Raise one arm and the opposite leg. D) Folded towel or a wedge under the heels of your hands. E) Folded blanket or a yoga mat under your knees. F) Cat-Cow pose.</p> <p>Precautions : Wrist, knee or neck pain.</p>
	Knees Chest Chin	<p>Begin in Plank Pose. Shoulders directly above wrists. Lower knees to floor. Keep toes tucked under. Hug elbows in. Keeping hips lifted and palms flat, bring chest to mat. Touch chin to mat.</p> <p>Alternatives: Dolphin.</p> <p>Benefits: Strengthens arms, wrists, spine. Tones abs.</p> <p>Video: https://www.youtube.com/embed/UHvIaMSH-GI?rel=0</p> <p>Modifications: Knees on floor.</p> <p>Precautions : Carpal tunnel syndrome. Pregnancy.</p>




Image	Pose	Description
	Table Top	<p>Come onto hands and knees. Bring knees hip-width apart. Palms directly under shoulders. Fingers facing forward. Gaze down. Flat back. Press into palms to drop shoulders away from ears. Press tail bone towards back wall and crown of head towards front wall.</p> <p>Benefits: Transition for many floor postures. Lengthens spine.</p> <p>Video: https://www.youtube.com/embed/PGAntbDQ6Xg</p> <p>Modifications: A) Make fists with hands (reduce pressure on wrists). B) Raise an arm. C) Raise one arm and the opposite leg. D) Folded towel or a wedge under the heels of your hands. E) Folded blanket or a yoga mat under your knees. F) Cat-Cow pose.</p> <p>Precautions : Wrist, knee or neck pain.</p>
	Extended Child	<p>On all fours. Wrists below shoulders. Knees under hips. Use hands to walk forward and lower chest to floor. Drop buttocks until they reach halfway to feet. Arms straight. Forehead touches floor. Push hips back and stretch spine.</p> <p>Benefits: Stretches arms, shoulders, spine, hips.</p> <p>Video: https://www.youtube.com/embed/eqVMAPM00DM</p> <p>Modifications: A) Interlock fingers behind back. B) Knees together (instead of separated). C) Curl toes under (instead of flat). D) Place a rolled towel under shins. E) Place a yoga blanket underneath knees.-F) Place a bolster or pillow under belly or chest. G) Spread knees wider.</p> <p>Precautions : Knee injury.</p>
	Table Top	<p>Come onto hands and knees. Bring knees hip-width apart. Palms directly under shoulders. Fingers facing forward. Gaze down. Flat back. Press into palms to drop shoulders away from ears. Press tail bone towards back wall and crown of head towards front wall.</p> <p>Benefits: Transition for many floor postures. Lengthens spine.</p> <p>Video: https://www.youtube.com/embed/PGAntbDQ6Xg</p> <p>Modifications: A) Make fists with hands (reduce pressure on wrists). B) Raise an arm. C) Raise one arm and the opposite leg. D) Folded towel or a wedge under the heels of your hands. E) Folded blanket or a yoga mat under your knees. F) Cat-Cow pose.</p> <p>Precautions : Wrist, knee or neck pain.</p>

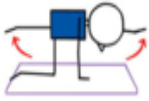


Image	Pose	Description
	Kneeling Superman II	<p>Come onto all fours. Hands under shoulders. Knees under hips. Raise right leg and left arm. Hold. Return to start. Raise left leg and right arm. Hold. Repeat.</p> <p>Benefits: Strengthen core muscles, trunk and lower back.</p> <p>Video: https://www.youtube.com/embed/STvo35VczKI</p> <p>Precautions : Don't raise leg above buttocks.</p>
	Kneeling Superman III	<p>Start on hands and knees. Knees directly below hips and wrists. Centre head in a neutral position. Gaze at mat or straight ahead. Raise right leg off mat and straighten it. Raise left arm (you're balancing on right hand and left knee). Move lifted leg 90 degrees to right and lifted arm 90 degrees to left. Switch sides.</p> <p>Benefits: Stretches torso, neck. Massages spine & core. Strengthen wrists & arms.</p> <p>Video: https://www.youtube.com/embed/VRQBAmYeTho</p> <p>Modifications: Paired with Cat Pose.</p> <p>Precautions : Neck or wrist injury.</p>
	Flow End	



Image	Pose	Description
	Hero	<p>Sit with buttocks on heels. Feet slightly wider than hips with tops of feet flat on floor. Angle big toes slightly toward each other. Release shoulder blades away from ears.</p> <p>Benefits: Stretches quads, thighs, knees, and ankles. Helping build flexibility in knees, ankles, and thighs. Improves posture. Improves breathing.</p> <p>Video: https://www.youtube.com/embed/py0vL4mc09w?rel=0</p> <p>Modifications: A) Baby Hero: Sit on knees and shins. Place feet with soles pointing behind you with toes touching the mat. B) Sit On Heels: Bring feet close to each other. Place them one upon the other with soles pointing backwards. Placing sit bones on heels raises hip higher. This brings pressure on ankles, so do this modification carefully. C) Practice Uddiyana Bandha: Place hands on thighs. Push hands downwards on knees and raise chest and upper abdomen upwards. Take a deep inhale through your nose and exhale quickly and powerfully. Exhale all the way until the end of the breath. This stretches diaphragm to its most expanded position. At end of your exhale, pull belly in as if you are trying to bring navel to touch your spine. Keep belly like this while taking no further breaths. Release belly. D) Raised Arms: raise arms above shoulders with fingers interlocked and gaze up.</p> <p>Precautions : Knee or ankle injury.</p>
	Gate Prep	<p>Kneel with tops of feet flat on mat. Extend right leg out to the side with knee cap facing up. Reach left arm overhead, lengthening side of body. Exhale as you hinge over to right, allowing right hand to rest on thigh, ankle or foot. Turn and gaze up, keeping back of neck long. Hold. Repeat on other side.</p> <p>Alternatives: Hero pose.</p> <p>Benefits: Stretches thighs, knees, ankles.</p> <p>Video: https://www.youtube.com/embed/_xKgCrr_n9g</p> <p>Modifications: Perform sitting in a chair. Folded blanket under knee cap.</p> <p>Precautions : Knee or ankle injury. Neck Pain. Dizziness.</p>




Image	Pose	Description
	Gate	<p>Kneel. Legs hip-width apart. Arms at sides. Extend right leg to side. Keep knee flexed and raise up. Raise arms (palms face in). Press up and out through fingertips. Reach arm and torso to right. Lower right arm. Press out through fingertips. Rotate chest so you're facing forward. Repeat on other side.</p> <p>Benefits: Strengthens core muscles. Spinal flexibility.</p> <p>Video: https://www.youtube.com/embed/z-td8Y3gEik?rel=0</p> <p>Precautions : Knee injury.</p>
	Flow End	
	Extended Child	<p>On all fours. Wrists below shoulders. Knees under hips. Use hands to walk forward and lower chest to floor. Drop buttocks until they reach halfway to feet. Arms straight. Forehead touches floor. Push hips back and stretch spine.</p> <p>Benefits: Stretches arms, shoulders, spine, hips.</p> <p>Video: https://www.youtube.com/embed/eqVMAPM00DM</p> <p>Modifications: A) Interlock fingers behind back. B) Knees together (instead of separated). C) Curl toes under (instead of flat). D) Place a rolled towel under shins. E) Place a yoga blanket underneath knees.-F) Place a bolster or pillow under belly or chest. G) Spread knees wider.</p> <p>Precautions : Knee injury.</p>

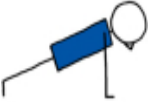


Image	Pose	Description
	Plank	<p>Begin on hands and knees. Knees under hips. Hands under shoulders. Roll shoulders back and down. Fingertips point forward. Don't splay elbows. Lift up in your middle as you step one foot straight back and then the other. Keep legs engaged in supporting the plank position. Hold.</p> <p>Alternatives: Dolphin. One Legged Side Plank.</p> <p>Benefits: Strengthens arms, wrists, spine. Tones abs.</p> <p>Video: https://www.youtube.com/embed/pSWYGXSNjdE?rel=0</p> <p>Modifications: Knees on floor. Use wall to place feet for support.</p> <p>Precautions : Carpal tunnel syndrome</p>
	Plank On Forearms	<p>Lie face down on mat. Arms bent. Elbows close to sides. Palms face down. Hands alongside head. Raise head off floor slightly. Rest tips of feet on mat. Engage core and leg muscles to raise body up. Support weight on forearms and toes. Gaze between arms. Hold.</p> <p>Alternatives: Dolphin.</p> <p>Benefits: Strengthens arms, wrists, spine. Tones abs.</p> <p>Video: https://www.youtube.com/embed/wCBOqf-HrTI</p> <p>Modifications: Knees on floor.</p> <p>Precautions : Carpal tunnel syndrome. Pregnancy.</p>
	Plank On Forearms	<p>Lie face down on mat. Arms bent. Elbows close to sides. Palms face down. Hands alongside head. Raise head off floor slightly. Rest tips of feet on mat. Engage core and leg muscles to raise body up. Support weight on forearms and toes. Gaze between arms. Hold.</p> <p>Alternatives: Dolphin.</p> <p>Benefits: Strengthens arms, wrists, spine. Tones abs.</p> <p>Video: https://www.youtube.com/embed/wCBOqf-HrTI</p> <p>Modifications: Knees on floor.</p> <p>Precautions : Carpal tunnel syndrome. Pregnancy.</p>

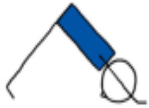


Image	Pose	Description
	Downward Facing Dog	<p>Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. Tuck chin in. Look at feet. Release jaw.</p> <p>Alternatives: Dolphin.</p> <p>Benefits: Stretches spine, hams, shoulders. Calms nervous system.</p> <p>Video: https://www.youtube.com/embed/ayRU3ecmPbl?rel=0</p> <p>Modifications: A) Use a wall. B) Head on a block. C) Leg up. D) Arm up. E) Wide stance.</p> <p>Precautions : Pregnant. High blood pressure. Headache.</p>
	Standing Fold Knees Bent II	<p>Stand in Mountain. Knees hip-width apart and very bent. Fold at waist grasping opposite elbows. Let head hang. Hold.</p> <p>Alternatives: Tabletop. Gorilla.</p> <p>Benefits: Stretch back, hams. Improves posture.</p> <p>Video: https://www.youtube.com/embed/VKhodmlFhak</p> <p>Modifications: Loop fingers around big toes.</p>
	Samasthiti	<p>Stand tall. Feet together. Drive legs into earth. Lift sternum to sky. Feel sunshine entering spine. Contract abdominal lock. Align mind to spine. Stand in that beautiful centre line of gravity. Open heart centre. Let body mould itself around calm inner power.</p> <p>Alternatives: Mountain.</p> <p>Benefits: Improves posture. Strengthens legs. Engages abs.</p> <p>Video: https://www.youtube.com/embed/Om03hOv_jcU?rel=0</p> <p>Modifications: Reach up to ceiling with fingertips.</p> <p>Precautions : Pregnant.</p>




Image	Pose	Description
	Flow End	
	Upward Salute	<p>Feet hip width apart. Tuck chin in. Legs slightly bent . Shoulders back and down. Raise arms overhead.</p> <p>Alternatives: Samashthiti (feet together).</p> <p>Benefits: Improves posture. Strengthens legs. Engages core.</p> <p>Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0</p> <p>Modifications: Hands in prayer behind back. Eyes closed.</p> <p>Precautions : Pregnant.</p>
	Standing Fold Knees Bent II	<p>Stand in Mountain. Knees hip-width apart and very bent. Fold at waist grasping opposite elbows. Let head hang. Hold.</p> <p>Alternatives: Tabletop. Gorilla.</p> <p>Benefits: Stretch back, hams. Improves posture.</p> <p>Video: https://www.youtube.com/embed/VKhodmIFhak</p> <p>Modifications: Loop fingers around big toes.</p>


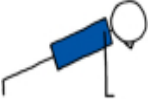
Image	Pose	Description
	Halfway Lift II	<p>Stand in Mountain. Bring palms to tops of thighs with fingers pointing down. Push hands into thighs. Lengthen from tailbone through crown of head. Upper body parallel to floor.</p> <p>Alternatives: Tabletop. Gorilla.</p> <p>Benefits: Stretches hamstrings, calves, hips.</p> <p>Video: https://www.youtube.com/embed/ihj4dVBXMPg</p> <p>Modifications: A) Bend knees if back is stiff. B) Hands on mat. C) Half bound lotus forward bend. D) Hands behind to become super man/women. E) Gorilla (hands under soles of feet).</p> <p>Precautions : Back injury.</p>
	Plank	<p>Begin on hands and knees. Knees under hips. Hands under shoulders. Roll shoulders back and down. Fingertips point forward. Don't splay elbows. Lift up in your middle as you step one foot straight back and then the other. Keep legs engaged in supporting the plank position. Hold.</p> <p>Alternatives: Dolphin. One Legged Side Plank.</p> <p>Benefits: Strengthens arms, wrists, spine. Tones abs.</p> <p>Video: https://www.youtube.com/embed/pSWYGXSNjdE?rel=0</p> <p>Modifications: Knees on floor. Use wall to place feet for support.</p> <p>Precautions : Carpal tunnel syndrome</p>



Image	Pose	Description
	Knees Chest Chin	<p>Begin in Plank Pose. Shoulders directly above wrists. Lower knees to floor. Keep toes tucked under. Hug elbows in. Keeping hips lifted and palms flat, bring chest to mat. Touch chin to mat.</p> <p>Alternatives: Dolphin.</p> <p>Benefits: Strengthens arms, wrists, spine. Tones abs.</p> <p>Video: https://www.youtube.com/embed/UHvIaMSH-GI?rel=0</p> <p>Modifications: Knees on floor.</p> <p>Precautions : Carpal tunnel syndrome. Pregnancy.</p>
	Cobra	<p>Lie face down. Feet together. Toes pointing behind. Hands flat on the floor by the rib cage. Lift chest. Gaze forward.</p> <p>Alternatives: Sphinx. Crocodile.</p> <p>Benefits: Supple spine. Strengthen palms, wrists, toes.</p> <p>Video: https://www.youtube.com/embed/zgvoIE4NAH0</p> <p>Modifications: A) Cobra with a folded blanket under hips. B) Cobra with one leg raised. C) Cobra with two legs raised. D) Cobra with one arm raised in front. E) Cobra with two arms raised in front. F) Cobra with one arm raised to the side. G) Cobra with two arms raised to the side. H) Cobra on elbows. I) Cobra with both hands behind the head. J) Revolved cobra. K) Striking cobra (extended child to cobra). L) Chair cobra (seated backbend). M) Baby cobra (don't lift chest all the way up).</p> <p>Precautions : Pregnancy. CTS. Back injury.</p>


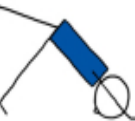

Image	Pose	Description
	Downward Facing Dog	<p>Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. Tuck chin in. Look at feet. Release jaw.</p> <p>Alternatives: Dolphin.</p> <p>Benefits: Stretches spine, hams, shoulders. Calms nervous system.</p> <p>Video: https://www.youtube.com/embed/ayRU3ecmPbl?rel=0</p> <p>Modifications: A) Use a wall. B) Head on a block. C) Leg up. D) Arm up. E) Wide stance.</p> <p>Precautions : Pregnant. High blood pressure. Headache.</p>
	Downward Facing Dog Leg Up	<p>From Downward Facing Dog try as many variations as you can: Lift left leg. Lift right leg. Lift left hand. Lift right hand. Lift left leg and right hand. Lift right leg and left hand. Wag your doggie tail. Widen stance. Come up onto toes. Bend knees.</p> <p>Alternatives: Dolphin.</p> <p>Benefits: Fun.</p> <p>Video: https://www.youtube.com/embed/ayRU3ecmPbl?rel=0</p> <p>Modifications: A) Use wall. B) Head on block. C) Leg up. D) Arm up. E) Wide stance.</p> <p>Precautions : Pregnant.</p>
	Downward Facing Dog Knee To Nose	<p>Come into Downward Facing Dog. Raise right leg up and bring knee to nose. Repeat on other side.</p> <p>Alternatives: Dolphin.</p> <p>Benefits: Stretches spine, hams, shoulders. Calms nervous system.</p> <p>Video: https://www.youtube.com/embed/PyNP6ZkNvFg</p> <p>Modifications: Wide stance.</p> <p>Precautions : Pregnant. Headache.</p>



Image	Pose	Description
	Crescent Lunge	<p>Start in Down Dog. Step right foot forward and place it beside right thumb, lining up right knee over right ankle. Lower left knee to floor. Raise torso and sweep arms above head with palms facing. Allow hips to settle forwards and down until you feel a stretch in front of left leg. Draw tailbone down, lengthening lower back and engaging core muscles. Stay here, or raise back knee off mat for a full Crescent Lunge. To release, place hands on mat and step to Down Dog. Repeat with left leg forward.</p> <p>Alternatives: Warrior I, II, III.</p> <p>Benefits: Stretches groin, chest, shoulders, abdominals, and hip flexors. Relieves backache. Opens front torso. Improves balance and stability. Heart opener. Strengthens legs.</p> <p>Video: https://www.youtube.com/embed/eXupg3oNGJY</p> <p>Modifications: A) Bring back knee to mat and un-tuck back toes (low lunge). B) Place hands on hips. C) Warrior I, II, or III.</p> <p>Precautions : Shoulder injury.</p>
	Revolved High Lunge Twist	<p>Stand in a lunge with left leg in front and right knee raised off the floor. Twist upper body to left side over front bent knee. Return to start. Twist upper body to right side over front bent knee.</p> <p>Benefits: Stretches hip flexors. Engages core.</p> <p>Video: https://www.youtube.com/embed/8AT_0RRv3wM</p>



Image	Pose	Description
	Extended Side Angle Elbow On Thigh	<p>Start in Downward Facing Dog. Step right foot forward next to right hand. Bend right knee. Right elbow on right thigh. Left arm up (form line with body). Open chest. Repeat on left.</p> <p>Alternatives: High or Low Lunge.</p> <p>Benefits: Stretches legs, groins, and hamstrings. Opens chest and shoulders.</p> <p>Video: https://www.youtube.com/embed/qgd25hEbnXk</p> <p>Modifications: A) Using wall for back support. B) Using wall for extended arm support. C) Block placed by foot. D) Place a chair in front of bent knee for extra support making sure chair does not move. E) Place bent thigh over a chair. F) Keep arm on thigh (instead of placing palm on the mat). G) Gaze down instead of up. H) Place hand in front of foot instead of behind.</p> <p>Precautions : Knee injury.</p>
	Downward Facing Dog	<p>Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. Tuck chin in. Look at feet. Release jaw.</p> <p>Alternatives: Dolphin.</p> <p>Benefits: Stretches spine, hams, shoulders. Calms nervous system.</p> <p>Video: https://www.youtube.com/embed/ayRU3ecmPbl?rel=0</p> <p>Modifications: A) Use a wall. B) Head on a block. C) Leg up. D) Arm up. E) Wide stance.</p> <p>Precautions : Pregnant. High blood pressure. Headache.</p>




Image	Pose	Description
	Halfway Lift II	<p>Stand in Mountain. Bring palms to tops of thighs with fingers pointing down. Push hands into thighs. Lengthen from tailbone through crown of head. Upper body parallel to floor.</p> <p>Alternatives: Tabletop. Gorilla.</p> <p>Benefits: Stretches hamstrings, calves, hips.</p> <p>Video: https://www.youtube.com/embed/ihj4dVBXMPg</p> <p>Modifications: A) Bend knees if back is stiff. B) Hands on mat. C) Half bound lotus forward bend. D) Hands behind to become super man/women. E) Gorilla (hands under soles of feet).</p> <p>Precautions : Back injury.</p>
	Standing Fold Knees Bent II	<p>Stand in Mountain. Knees hip-width apart and very bent. Fold at waist grasping opposite elbows. Let head hang. Hold.</p> <p>Alternatives: Tabletop. Gorilla.</p> <p>Benefits: Stretch back, hams. Improves posture.</p> <p>Video: https://www.youtube.com/embed/VKhodmIFhak</p> <p>Modifications: Loop fingers around big toes.</p>
	Upward Salute	<p>Feet hip width apart. Tuck chin in. Legs slightly bent . Shoulders back and down. Raise arms overhead.</p> <p>Alternatives: Samashthiti (feet together).</p> <p>Benefits: Improves posture. Strengthens legs. Engages core.</p> <p>Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0</p> <p>Modifications: Hands in prayer behind back. Eyes closed.</p> <p>Precautions : Pregnant.</p>




Image	Pose	Description
	Flow End	
	Mountain Namaste Mudra	<p>Feet hip width apart. Tuck chin in. Legs slightly bent. Shoulders back and down. Bring palms together over heart chakra in namaste mudra.</p> <p>Alternatives: Samashthiti (feet together). Arms out to sides.</p> <p>Benefits: Improves posture. Strengthens legs and arms. Engages core.</p> <p>Video: https://www.youtube.com/embed/hvBfA5TKjYQ</p> <p>Modifications: Choose any hand mudra.</p> <p>Precautions : Pregnant.</p>
	Chair	<p>Start in Mountain. Raise arms perpendicular to the floor. Keep arms parallel, palms facing inward. Bend knees. Firm shoulder blades against the back.</p> <p>Benefits: Strengthens ankles, thighs, calves, and spine. Stretches chest.</p> <p>Video: https://www.youtube.com/embed/ySafTekJ3Ls</p> <p>Modifications: A) Block between thighs. B) Join palms overhead. C) Use a wall behind to support the hips. D) Stretch arms in front of you in alignment with your chest, instead of raising them overhead. E) Placing hands on thighs with palms facing down. F) Widen your stance.</p> <p>Precautions : Headache. Insomnia. Low blood pressure. Knee pain.</p>



Image	Pose	Description
	Revolved Chair	<p>Start in Mountain. Lift arms alongside ears. Shift weight to heels and bend knees. Shift hips back and down as if sitting on a chair (Chair Pose). Stack knees over ankles. Bring hands into Anjali Mudra (prayer) in front of heart. Pull thighs farther back and down to lengthen your spine. Hook left elbow outside right thigh as low as you can. Press palms together. Pull palms toward navel. Push top hand down to widen top collarbone and revolve chest deeper. Keep weight on heels. Draw left thighbone back to keep hips and knees even. Gently roll belly, chest, neck, and head even more to the right, twisting deeper. Open arms wide into a straight line, pressing left arm against right thigh, leveraging twist deeper. Press left hand down into mat outside right foot and reach right arm up. Twist and open your chest. Hold. Exhale and unwind. Switch sides.</p> <p>Benefits: Strengthens ankles, thighs, calves, hips, spine. Expands chest and spine.</p> <p>Video: https://www.youtube.com/embed/xS-0Ryobgtg</p> <p>Precautions : Headache. Insomnia. Low blood pressure.</p>
	Figure Four	<p>Start in Mountain. Raise arms perpendicular to floor. Bend knees into Chair Pose. Firm shoulder blades against back. Draw hands to heart centre. Root down through right foot. With a strong core lift left foot away from mat. Place left ankle on top of right thigh. Pull core up and in. Draw weight onto right heel. Hips level. (Optional: Shift torso forward and hover arms over left shin). Find spot to focus gaze. Repeat on other side.</p> <p>Benefits: Balance. Focus. Strengthens ankles, thighs, calves, spine. Hip opener.</p> <p>Video: https://www.youtube.com/embed/7KvNMr1vel</p> <p>Modifications: A) Back against wall. B) Close eyes. C) Bring hands over head. D) Baby tree (place insides of soles of one foot near insides of ankles of the other foot). F) Hands on hips. G) Hold ankle with one hand and use other hand to balance. H) Hold onto a chair. I) Half lotus tree (bring foot higher up your thigh).</p> <p>Precautions : Knee injury.</p>




Image	Pose	Description
	Chair Elevated	<p>From Mountain. Lower hips to a squat. Keep knees together. Abs tight. Raise arms to side of head. Lift high up on toes. Remain balanced. Lower 2 more inches into the squat. Hold for 3 breaths. For more burn squat until bottom almost touches heels.</p> <p>Benefits: Strengthens ankles, thighs, calves, spine. Stretches chest.</p> <p>Video: https://www.youtube.com/embed/Kp7XJkG9ubc</p> <p>Modifications: Block between thighs. Join palms.</p> <p>Precautions : Headache. Insomnia. Low blood pressure.</p>
	Mountain Namaste Mudra	<p>Feet hip width apart. Tuck chin in. Legs slightly bent. Shoulders back and down. Bring palms together over heart chakra in namaste mudra.</p> <p>Alternatives: Samashthiti (feet together). Arms out to sides.</p> <p>Benefits: Improves posture. Strengthens legs and arms. Engages core.</p> <p>Video: https://www.youtube.com/embed/hvBfA5TKjYQ</p> <p>Modifications: Choose any hand mudra.</p> <p>Precautions : Pregnant.</p>
	Flow End	




Image	Pose	Description
	Savasana	<p>Lie on back with legs and arms apart. Feet to side, palms up. Release lower back to floor. Close eyes. Abdomen rises on inhale and falls on exhale. Feel heavy with each exhalation.</p> <p>Alternatives: Crocodile. Child.</p> <p>Benefits: Tune into body. Calm. Tranquil. Inner Peace. Clarity.</p> <p>Video: https://www.youtube.com/embed/YBe1nzunHJ0</p> <p>Modifications: Knees bent. Blanket under knees. Blanket under head. Supine star (legs & arms spread out).</p>
	Knees To Head	<p>Lie on back. Extend arms beside body, palms facing down. Bend knees. Bring knees to chest. Hold legs slightly below knees. Press knees into upper chest. Raise head, shoulders and upper chest to knees. Hold.</p> <p>Benefits: Reduces abdominal bloating and backache.</p> <p>Video: https://www.youtube.com/embed/D34o4QINYMk</p> <p>Modifications: Knee to chest.</p>
	Half Boat	<p>Sit with straight legs. Press hands on floor behind hips. Fingers point to feet. Lift legs with knees bent.</p> <p>Alternatives: Boat pose.</p> <p>Benefits: Strengthens abs, hip flexors, spine.</p> <p>Video: https://www.youtube.com/embed/reru9O8KrX0?rel=0</p> <p>Modifications: A) Boat Pose On Chair. B) Boat Pose With Strap (around upper back and feet). C) Double Boat Pose (partner yoga). D) Half Boat With Eagle Arms.</p> <p>Precautions : Pregnancy. Neck injury.</p>







Image	Pose	Description
	Boat	<p>Sit with legs straight. Press hands on floor behind hips. Fingers point to feet. Bend knees. Lift feet up. Straighten knees. Keep hands on floor beside hips.</p> <p>Alternatives: Half boat pose.</p> <p>Benefits: Strengthens abs, hip flexors, & spine.</p> <p>Video: https://www.youtube.com/embed/8KsyQvwi85Q</p> <p>Modifications: A) Feet stay on the mat. B) Raise one leg. C) Use a strap. D) Double Boat Pose (partner). E) Boat with eagle arms.</p> <p>Precautions : Asthma. LBP. Pregnancy.</p>
	Knees To Chest	<p>Lie on back. Legs and arms extended. Both knees to chest. Clasp hands around knees. Wrap forearms over shins. Clasp each elbow with opposite hand. Keep back flat on mat. Release shoulder blades down toward waist. Draw tailbone and sacrum down. Lengthening spine. Softly rock backward and forward or side-to-side for a spinal massage. Tuck chin slightly. Gaze down. Hold. Release.</p> <p>Benefits: Massages spin. Lower back stretch. Good for posture. Relieves tired legs. Strengthens back. Firms abdominals. Strengthens legs and hips. Cures joint pains. Improves blood circulation in legs.</p> <p>Video: https://www.youtube.com/embed/TVk4ht8V8J8</p> <p>Modifications: Knee to chest.</p>
	Revolved Abdomen Twist	<p>Lie on back. Arms stretched out at shoulder height. Palms down. Bend knees. Feet flat on floor. Swing hips to left. Pull knees toward chest. Drop knees to floor on right side. Inhale. Lengthen spine. Lower shoulders to floor. Repeat on right.</p> <p>Benefits: Flexible spine. Digestion. Circulation.</p> <p>Video: https://www.youtube.com/embed/XKunL4LW4fc?rel=0</p> <p>Modifications: Keep legs straight. Cross legs. Hands behind head.</p>

Image	Pose	Description
	Flow End	
	Savasana	<p>Lie on back with legs and arms apart. Feet to side, palms up. Release lower back to floor. Close eyes. Abdomen rises on inhale and falls on exhale. Feel heavy with each exhalation.</p> <p>Alternatives: Crocodile. Child.</p> <p>Benefits: Tune into body. Calm. Tranquil. Inner Peace. Clarity.</p> <p>Video: https://www.youtube.com/embed/YBe1nzunHJ0</p> <p>Modifications: Knees bent. Blanket under knees. Blanket under head. Supine star (legs & arms spread out).</p>
	Om	<p>Repeat OM in your mind or out loud, then allow silence to enter your mind. The silence can last for one inhale or for several seconds. Repeat 3 times. OMMMM (SILENCE ON INHALE) OMMMM (SILENCE ON INHAL0) OMMMM (SILENCE ON INHALE).</p> <p>Benefits: Calming.</p> <p>Video: https://www.youtube.com/embed/SBiwLibZqfw</p>

Lesson Plan Description:

Peak Pose: Boat (Navasana)

Boat symbolism speaks to our intuition mostly about NAVigation. Just before asking your students to practice Boat Pose, ask one of more of the following questions. You can also ask a question(s) during and after the pose...

Navigation Symbolism

- Where do you want to GO?
- Have you PREPARED for your inner voyage with a consistent yoga practice?
- Are you NAVIGATING through life with awareness or are you burying your head in the sand?
- Are you NAVIGATING through emotional tides of life with an inner calm?

Water Symbolism

- What EMOTIONS are you feeling right now?
- What could do with some DEEPER Knowledge in your life right now?
- What are you DREAMING about?
- What needs FLEXIBILITY in your life right now?
- Have you got FLUIDITY in your life?
- Are you ready to become silent and use your-INTUITION?

Boat Pose Quotes

You could memorise a quote and repeat it several times throughout the class. Maybe the quote could morph into [yoga class theme](#)?

Quotes you could use for boat pose...

“Yoga is pure cause & effect;-the smallest daily practice can have a profound-*domino effect* as you journey through life, just as a tiny wave can turn into a-tsunami.”

“May the sails of your soul always billow with fresh winds of wisdom”

“Raise your (legs) sails high. A-sail redirects the power of the wind to propel a boat. What needs redirecting in your life right now?”

“The winds of inner peace are blowing all the time. All you need to do is raise your sails to discover it.”

"To reach a port we must set sail – Sail, not tie at anchor. Sail, not drift."

"This beginning motion, this first time when a sail truly filled and the boat took life and knifed across the lake under perfect control, this was so beautiful it stopped my breath."

"Sailing a boat calls for quick action, a blending of feeling with the wind and water as well as with the very heart and soul of the boat itself. Sailing teaches alertness and courage, and gives in return a joyousness and peace that but few sports afford."

"A boat is a vehicle that allows you to move from point A to point B quickly and more safely than swimming. Metaphorically speaking our subconscious is our vehicle. How we navigate our subconscious will be the wind in our sail, or the storm on our sea."

"We may have all come on different ships, but we're in the same boat now."

"The doldrums is a low-pressure area around the equator where the prevailing winds are totally calm. Ships with sails could be stranded for days or even weeks in the doldrums. If you strive for low-pressure in your life, you could be stranded for days or even weeks with mild depression, listlessness or stagnation. Instead of asking the Universe to give you a low-pressured life, ask for pressure and the ability to navigate your way through it."

"Rather than fight against your "problems", forgive and let go — resist less, struggle less, fight less, and flow more."