

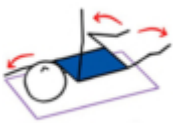


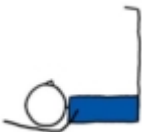
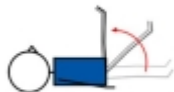











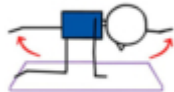







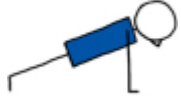









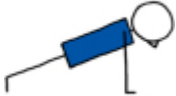



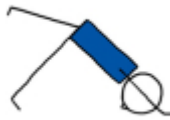



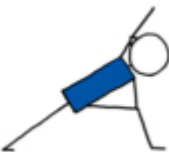
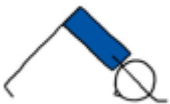










Peak Pose: Navasana (Boat)

 <p>Savasana</p>	 <p>Flow End</p>	 <p>cycling</p>	 <p>Legs Up (hands by side)</p>	 <p>Supine Arms Behind</p>	 <p>Legs Ups</p>
 <p>Supine Legs Lift</p>	 <p>Rocking And Rolling</p>	 <p>Knees To Chest</p>	 <p>Side Reclining I Prep</p>	 <p>Side Reclining III Prep</p>	 <p>Flow End</p>
 <p>Extended Child</p>	 <p>Table Top</p>	 <p>Knees Chest Chin</p>	 <p>Table Top</p>	 <p>Extended Child</p>	 <p>Table Top</p>

 <p>Kneeling Superman II</p>	 <p>Kneeling Superman III</p>	 <p>Flow End</p>	 <p>Hero</p>	 <p>Gate Prep</p>	 <p>Gate</p>
 <p>Flow End</p>	 <p>Extended Child</p>	 <p>Plank</p>	 <p>Plank On Forearms</p>	 <p>Plank On Forearms</p>	 <p>Downward Facing Dog</p>
 <p>Standing Fold Knees Bent II</p>	 <p>Samasthiti</p>	 <p>Flow End</p>	 <p>Upward Salute</p>	 <p>Standing Fold Knees Bent II</p>	 <p>Halfway Lift II</p>

 <p>Plank</p>	 <p>Knees Chest Chin</p>	 <p>Cobra</p>	 <p>Downward Facing Dog</p>	 <p>Downward Facing Dog Leg Up</p>	 <p>Downward Facing Dog Knee To Nose</p>
 <p>Crescent Lunge</p>	 <p>Revolved High Lunge Twist</p>	 <p>Extended Side Angle Elbow On Thigh</p>	 <p>Downward Facing Dog</p>	 <p>Halfway Lift II</p>	 <p>Standing Fold Knees Bent II</p>
 <p>Upward Salute</p>	 <p>Flow End</p>	 <p>Mountain Namaste Mudra</p>	 <p>Chair</p>	 <p>Revolved Chair</p>	 <p>Figure Four</p>



Chair Elevated



**Mountain Namaste
Mudra**



Flow End



Savasana



Knees To Head



Half Boat



Boat



Knees To Chest



**Revolved Abdomen
Twist**



Flow End



Savasana



Om

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."