

Rowing the boat pose

— NAUKA SANCHALASANA

WHY DO IT?

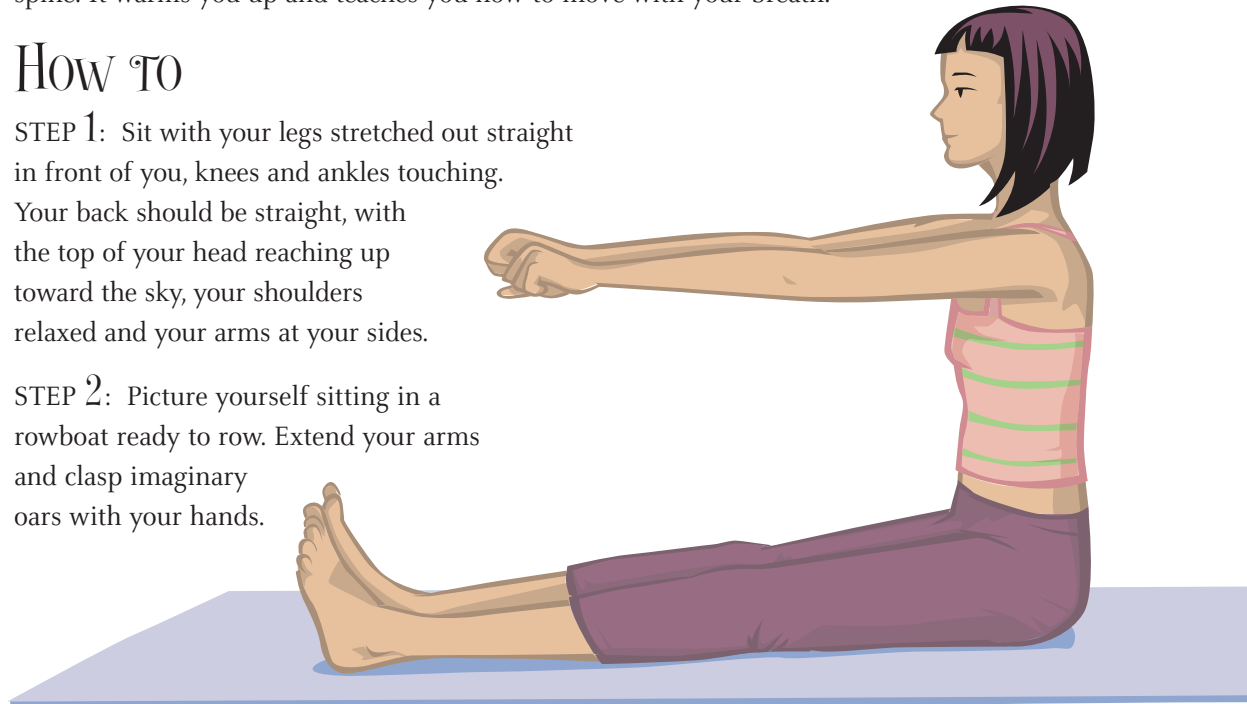
This pose works on the abdomen by massaging your organs (stomach, colon, liver, spleen, etc.), and strengthens the muscles that help support your spine. It warms you up and teaches you how to move with your breath.

HOW TO

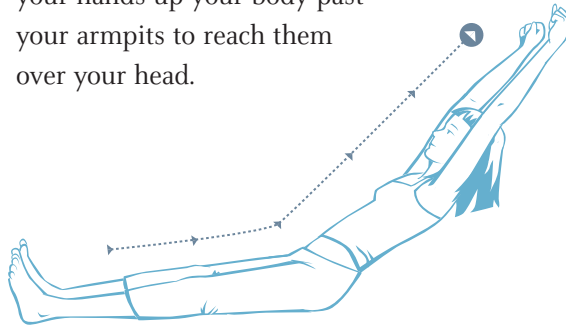
STEP 1: Sit with your legs stretched out straight in front of you, knees and ankles touching.

Your back should be straight, with the top of your head reaching up toward the sky, your shoulders relaxed and your arms at your sides.

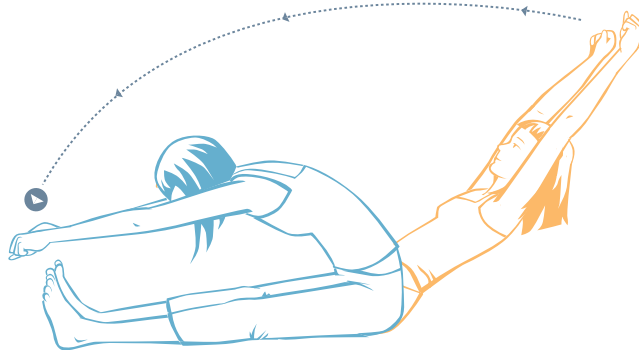
STEP 2: Picture yourself sitting in a rowboat ready to row. Extend your arms and clasp imaginary oars with your hands.



STEP 3: As you breathe in, lean back as far as you can and feel your abdominal muscles start to work. At the same time, draw your hands up your body past your armpits to reach them over your head.



STEP 4: As you breathe out, bend forward at the hips and reach your hands to the outsides of your feet.



STEP 5: Breathe in and draw your hands up the sides of your legs to come back to a sitting position. Continue breathing in as you lean back again, ready to repeat rowing.

This is one round. Continue this circular rowing motion, moving in time with your breath. Row like this 9 more times and then reverse the movement 10 times, as if you are rowing backward.

SOMETHING DIFFERENT

To feel a different stretch in your legs, try separating your legs into a V shape. Keep your legs straight. Row over your right leg first, then your left and then between your legs. Repeat 10 times. Then try each movement backward 10 times.

