



Goodness: Boat Pose

Seated on the floor, extend your legs in front of you while rooting through your sit bones and lengthening through the crown of your head. Bend both knees placing the soles of the feet on the ground. Press your hands into the floor behind you with your fingertips facing forward. Ground your sit bones and extend through the crown of your head as you inhale the goodness of life through this strong pose. Engaging your core, exhale and begin to lift your feet off the floor as you extend your arms forward. Your toes may remain on the floor or you can challenge your core by lifting them as high as 45 degrees off the floor. Begin by holding this pose for 10 seconds, gradually increasing your time to one minute or longer, reminding yourself to inhale and exhale during the pose.