



**Boat pose**  
*Paripurna navasana*

**Type of pose – sitting**

**In Paripurna navasana make sure that you keep the following in mind.**

1. You balance on the buttock bones (not the sacrum).
2. Your toes are at least as high as the crown of your head.
3. Your chest is lifted.
4. Your back is in a straight line, from coccyx to cranium.
5. Your arms are fully extended.

**This pose is contraindicated for:** heart problems; low blood pressure; breathlessness, asthma, bronchitis, a cold and congestion; migraine; chronic fatigue syndrome or insomnia; severe backache; cervical spondylosis; menstrual disorders and diarrhoea.