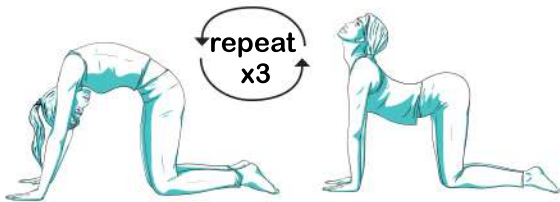


YOGA ROUTINE for BOAT POSE

yogarove.com

Prep and counter poses for Boat Pose- don't be afraid to use props! Hold each pose 5 breaths.

1 Cat-Cow



2 Down Dog

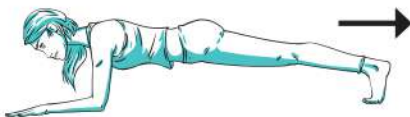


repeat on
other side

3 High Lunge



4 Forearm Plank



5 Boat



6 Butterfly



7 Bridge

