



Row Your Boat

Double Boat (Navasana)

A great way to strengthen the abdominal muscles and hips, lower back and legs! It is used to increase the strength of the entire body.

1. Find a friend and sit up tall with bent knees, toes touching and holding hands.
2. Press the soles of your right feet together as you lift the legs.
3. Repeat with the left legs.
4. Balance, straightening both legs and arms as you arch back.
5. Smile and hold before releasing out of the pose.

Charlotte teaches yoga in Bristol, UK. If you would like information about her Sunday Workshops, regular weekly classes or private yoga tuition please visit her website www.yogabristol.com or call her on 07533 732 035.

Join Charlotte's on-line mailing list to receive your £10 Gift Voucher! www.yogabristol.com
Next Yoga to Detox Workshop is Sunday 17th January in Clifton. Book your space online www.yogabristol.com or call Charlotte on 07533 732 035.