



Yoga For You

Ray Madigan and Shelley Choy

Ardha Navasana

(Half Boat Pose) » "Ardha" means "half" and "nava" means boat. This pose resembles the shape of a boat, and here the liver, gall bladder and spleen benefit. The regular practice of Paripurna Navasana (see last week's column) and Ardha Navasana help to improve and maintain back strength often lost as we age.

1. Sit in Dandasana on the floor with legs out straight (see previous column at starbulletin.com/2006/04/09/features/yoga.html).
2. Interlock your fingers and place them behind the back of your head just above the neck.
3. Push out through the heels, keeping your legs tight as you exhale and recline back and lift your legs off the floor. Balance on your buttocks and do not let your spine touch the floor. Keep your legs firm and extended, bringing your toes and eyes to the same level. Inhale and exhale, then hold your breath for a moment. Repeat this breathing pattern for the benefit of your internal organs. Do not hold your breath long and do not strain. Due to your leg positions, your abdomen and back will feel the work and become strengthened.
4. Hold the pose for a short time, then return to Dandasana.

With regular practice, build up to hold Ardha Navasana for 60 seconds. Remember not to strain but learn to work consistently and patiently, keeping your mind in a calm and undistracted state.



MANOA YOGA CENTER

The Half Boat Pose benefits the back as well as the liver, spleen and gall bladder.

Ray Madigan and **Shelley Choy** are certified Iyengar Yoga teachers and co-direct the Manoa Yoga Center at Manoa Marketplace. Visit www.manoayoga.com or call 382-3910. Manoa Yoga Center, the authors and the Star-Bulletin take no responsibility for any injury arising from the practice of these yoga postures. Readers should seek a doctor's approval before commencing this yoga practice.

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