

## SUPINE ASANAS

### *Naukasana (Boat Pose)*



**Technique:** Lie down on the back with your hands resting beside your palms facing down.

Slowly raise your legs together simultaneously, raise the hands and the trunk stop at 45 degree angle.

While returning to the original position first places your trunk and head on the ground. Now slowly bring down your legs and lower the hands back to the starting position.

#### **Remember:**

- ✓ Don't bend legs at the knee. Release the asana before you get pain in abdominal muscles, or the lower back.

#### **Benefits**

- ✓ This posture is advantageous for constipation.
- ✓ It helps to reduce fat of stomach area, and strengthen the back.

#### **Limitation:**

- ✓ Those persons suffering from serious lower back problem should not practice.