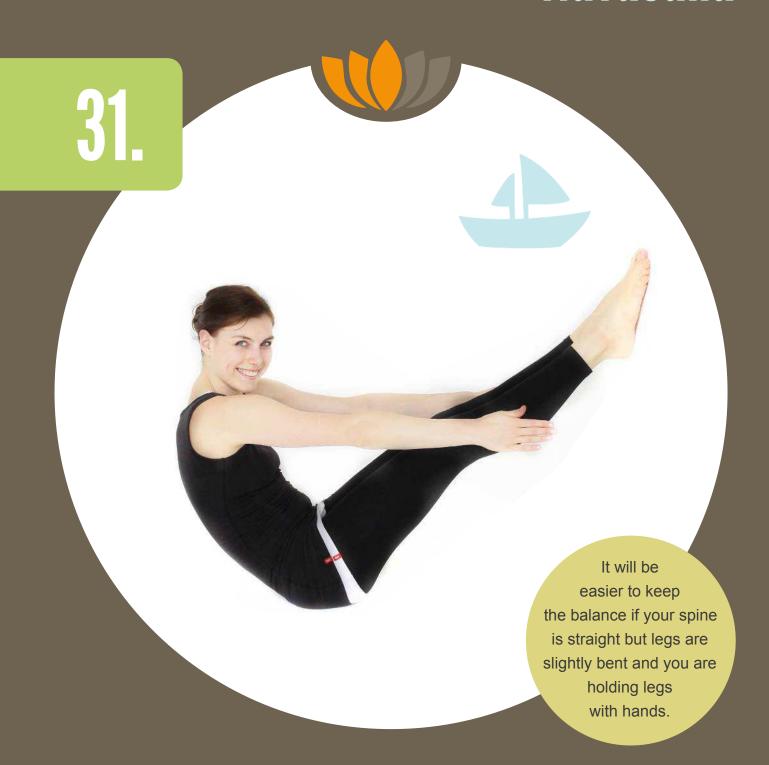
Boat pose

Navasana



Sit down on the ground, then raise your straight legs and grab them by hands. Keep the balance in this pose and stay like this for a long time. This is a balancing pose.