



Seated Posture	
<u>POSTURE</u>	<u>NOTES</u>
1. Seated Shoulder Press	
Supine Postures	
1. Supine Twist	
2. Legs Up The Wall	
3. Final Relaxation	



The 4 Foundational Principles of Navina Thai Yoga Therapy

1. *Mindfulness & Breath*

2. *Body Mechanics*

3. *Rhythmic Motion*

4. *Pressure Techniques*