



Single Leg Postures	
<u>POSTURE</u>	<u>NOTES</u>
1. Helicopter	
2. Twist	
Seated Postures	
1. Prayer Pose	
2. Chest Opener	

Thai Yoga Stretching for Exercise Professionals –
Taster Workshop Flow Sheet

NAVINA™



The 4 Foundational Principles of Navina Thai Yoga Therapy

1. *Mindfulness & Breath*

2. *Body Mechanics*

3. *Rhythmic Motion*

4. *Pressure Techniques*

For more information on Thai Yoga Workshops and Courses, please contact us at info@navina.ca | www.navina.ca