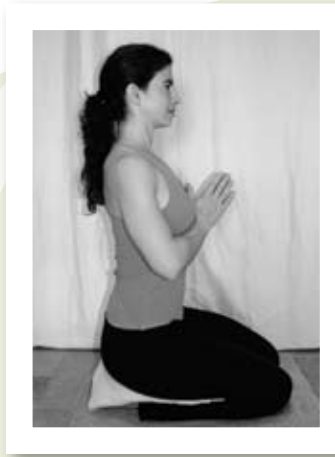


As crew, traveling from place to place and working in close quarters with others at times can feel ungrounding. Taking quiet moments to center and ground regularly can support your physical and emotional balance as you continue on with your journey. The seated yoga posture of Vajrasana (Thunderbolt posture) is excellent to practice while on a boat because the body can remain stable while you open the joints of the lower

THUNDERBOLT POSTURE WITH HANDS IN PRAYER POSITION

body. Bringing the hands together in Anjali Mudra (Prayer position) stretches the forearms and wrists as you turn your attention inward and connect with the energy of your heart.



MODIFICATIONS

- **Knee pain:** place a thick firm pillow or blanket between your seat and heels decreasing the stretch of the knees
- **Ankle pain:** roll a towel and place under both ankles to decrease the stretch of the ankles



BENEFITS

Helpful for grounding the energy of the body by opening the joints of the lower body. This allows for improved circulation and hence increased movement of energy in the lower body.

- Improves and aids digestion
- Good posture for centering and quieting the mind

CONTRAINDICATIONS

- Knee injuries (cartilage or ligament problems)
- Ankle problems

STEP BY STEP

- 1 Always begin by bringing your awareness to your breath. Breathe in and out of your nose in a slow, deep and relaxed manner. Allow the breath to become even and steady without any big gulps of air. Bring your awareness into the moment as you become mindful of your body, breath and thoughts. Slow down; become quiet inside.
- 2 Slowly bring the knees, ankles and heels together as you sit back on your heels. The tops of the ankles and feet are flat on the ground. The toes are not turned under.
- 3 Bring your awareness to your spine. With each exhale allow your hips, legs and tailbone to release down towards the ground. As you inhale lengthen the spine. Feel each vertebrae lift off of the one below it and crown of your head lengthening straight up toward the sky.
- 4 Bring your hands together in Anjali Mudra before your heart center. The thumbs meet and rest at the sternum. Open the chest with your inhalation as you draw the shoulder blades flat on your back. Be careful not to over arch the low back.
- 5 Close your eyes as you remain in the posture with comfort and the ability to breathe slowly and steadily.
- 6 Release the pose as you come forward on to all fours (hands and knees). Stretch open the backs of the knees as you lengthen one leg at a time behind you.

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