



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](mailto:info@navina.ca) | [www.navina.ca](http://www.navina.ca)