

How To: Boat Yoga

When the breeze drops to zero, a lot of sailors head for the docks, but hours on the water can still be productive in super light conditions if they're spent the right way. Boat Yoga is a drill that forces sailors to feel the heel of the boat, and work on balance and smoothness as they move from one position to the next. The goal is to work on feeling the boat, but it is also a great way to add some levity to an intense practice session. Below are some fun positions to try, but don't restrict yourself to these! Be creative, take some photos, and post them to the [29er High Performance Google+](#).

Pro Tip: If you can do all of these, try some freestyle trapezing – Can you jump off of the rail while hooked in, and do a backroll? Can you jump a buoy in the harbor?



Model Pose

Crew hooks in and hangs on the windward side of the boat, while skipper maintains consistent leeward heel to keep the crew out of the water.

Handstand

Crew performs a handstand on the side of the boat while the skipper balances the boat using mainsheet and weight.



Grind the Boom

Crew traps off of the boom while skipper trims mainsheet. See if you can sail around a course like this.





Race Car Driver

Crew hangs off of the windward side of the boat, and assumes the “race car driver” position while the skipper steers to make the boat respond to the crew’s motions and sound effects. For example, the crew might say “neeeeerrroooooommm,” and pretend to turn a steering wheel right, so the skipper would turn the boat right.

Walk On Water

Crew hooks in above the puck (as high as possible), and heels the boat to windward so that they can “walk” with their feet above the water. Skipper keeps boat balanced for as long as possible.



Aqua Napper

Crew hooks in to windward, and lays flat, while the skipper balances the boat to keep the crew just at the surface of the water.

Wheelie Mobile

Both crew members go to the back of the boat and cause it to pop a wheelie. Try to get the centerboard out of the water without flipping.

