Navigation with react-navigation

Understanding navigation in your app is really important. Thankfully there are modules available to help manage navigation in your app. Expo recommends the react-navigation module as it works well with Expo.

Create a new Expo project with NativeBase to test navigation.

```
expo init my-app --template expo-template-native-base
```

Install the react-navigation module and supporting modules within your new project.

```
yarn add @react-navigation/native
expo install react-native-screens react-native-safe-area-context
yarn add @react-navigation/native-stack
```

There is more information about getting started with React Navigation here;

https://reactnavigation.org/docs/getting-started/