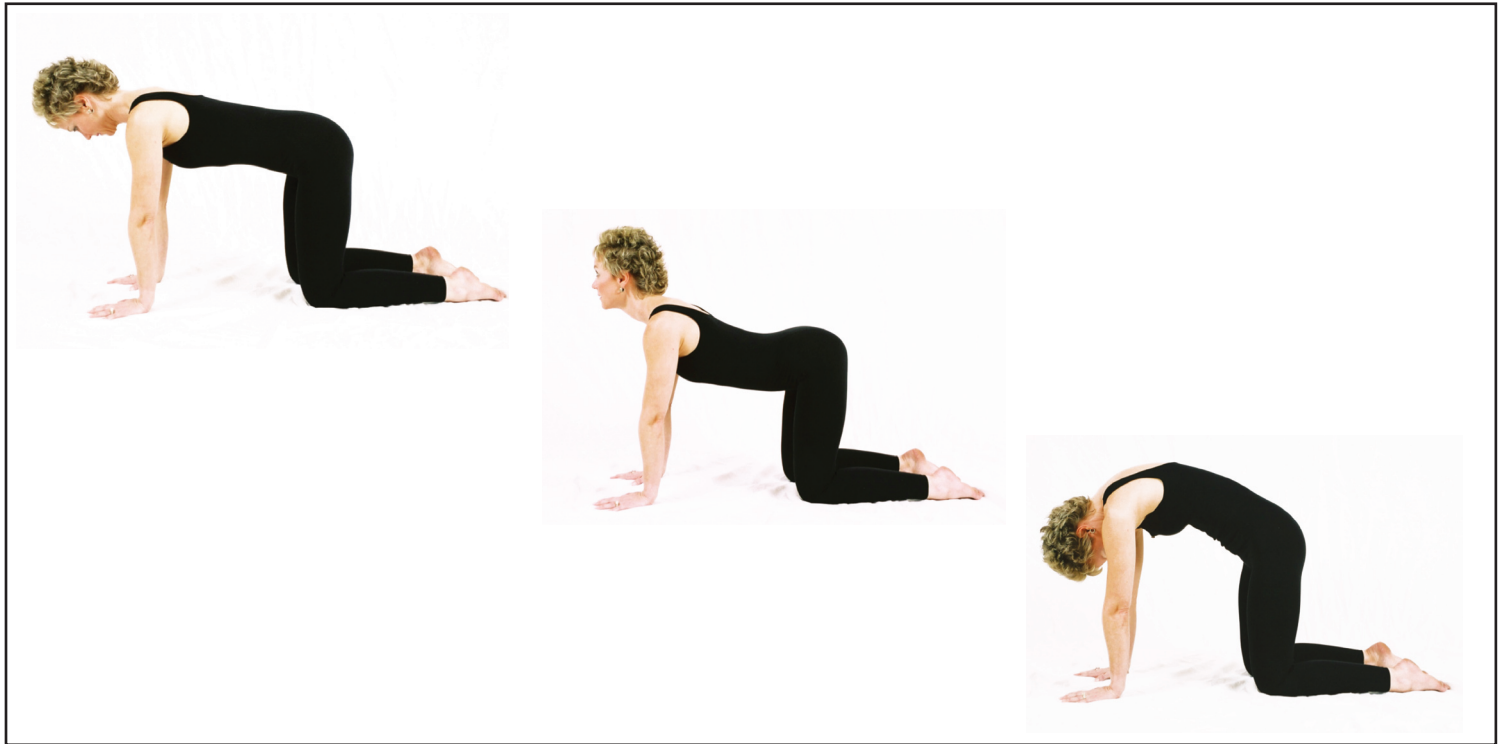


Cat Pose



Cat Pose

Chakravakasana

3 to 10 repetitions, with your breath

Instructions:

Start on your hands and knees in a tabletop position. Set your knees directly below your hips and your wrists, elbows and shoulders in line with each other and perpendicular to the floor. Center your head in a neutral position, eyes gazing at the floor. Lengthen your back body toward your tailbone. Extend your front body toward your head.

Press your shins downward. Inhale, lift your sitting bones and chest upward toward the ceiling, allowing your belly to sink toward the floor. Your back arches into a back bend. Press your hands into the ground to support your lifting chest.

Exhale, round your spine toward the ceiling, curl your head downward and expand your back body like a hissing cat. Press your arms downward and draw your hollow chest into your broad back. Release your head toward the floor. Repeat 3 to 10 times with your breath.

Modification: If kneeling on the floor feels uncomfortable on your knees, place a folded blanket under your knees and allow them to rest on that support.