

Cat & Cow

Tips: Use padding under knees if needed

When moving to the cow lead with your collar bones not with your head.

Start on hands and knees like a baby crawling.

Fingers spread wide, palms down, shoulders over wrists. Hips over knees.

Cat

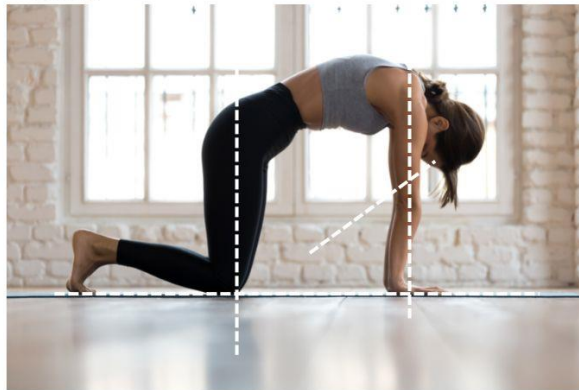
Exhale candles breath, engage the core, arch your spine up from the thoracic area, pelvis tilts under (tailbone under) keep back of the neck long and gaze to the floor under where your bellybutton is.

Cow

Inhale, dip your bellybutton down but don't push the abdomen, pelvis tilts forward (tailbone to the wall behind you)

Widen the collarbones, move your chest bone (sternum) forward and upward, draw the shoulder blades (scapula's) together. Gaze forward to the front of your mat (this will help not swing the head too far back)

CAT



COW

