

## Cat Stretch

Starting position: Kneel on your hands and knees. Knees directly under hips and hands slightly forwards of your shoulders. Elbow joints soft. Head and neck lifted in alignment with your spine. Spine long in a 'tabletop' position.

### Action

- INHALE to prepare
  - EXHALE, roll your tailbone and pelvis downwards towards the floor. Then round your lower back and continue to round your middle and upper back and finally your neck form a C shaped curve from your tailbone to the crown of the head.
  - INHALE and hold the cat position.
  - EXHALE, roll your tailbone and pelvis to neutral. The lengthen your lower, middle and upper back and finally your head and neck to neutral. Draw your shoulder blades downwards and lengthen the back of your neck.
- Sets: 2   Reps: 10



### Tips

- Imagine each vertebrae as the key on a piano. Imagine walking your fingers along each piano key to roll it in to your C curve
- Imagine opening the space between each vertebrae as you roll into your C shape curve