

## Cat Stretch

**INSTRUCTION:** Duration 30 seconds

Begin on hands and knees in the quadruped position breathing slowly. As you inhale, arch your back, lowering your belly towards the floor and bring your head slightly up. During your exhale, draw your belly button towards your spine as you hunch your back toward the ceiling and draw your chin towards your chest.

Part I



Continue slowly alternating between these positions 3-4 times.

Part II

