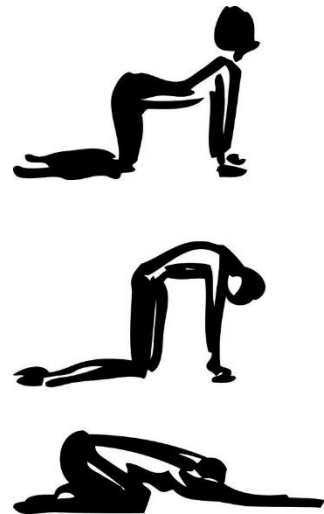


Cat Pose

As always, pay attention to your body and be guided by what you are feeling, move gently and notice how you are feeling during your practice.

Start in a 'tabletop' position, kneeling with your knees positioned hips' width apart, aligned under your hips, place your hands on the floor in line with your shoulders, your head should be in line with the spine, with your gaze down to the floor between your hands. If your knees or wrists feel uncomfortable in this position, pad beneath them with a blanket, roll your fingers to rest on your knuckles, or roll up your mat so your fingers are resting on the roll.



As you inhale, slowly turn your tailbone up towards the ceiling, keeping tone in your abdomen, slowly and gently, vertebrae by vertebrae, curl your spine downwards working along the length of the spine up to the back of the neck to bring a gentle downwards arch into your back. If you have no neck issues you can raise the head slightly, so your gaze is now just in front of your hands.

As you exhale, slowly reverse the movement, taking your head gently downwards and working down along the spine raising your back up towards the ceiling, again move vertebrae by vertebrae until you tuck your tailbone right under to bring a gentle upwards arch into your back. If you have no neck issues you can direct your gaze now towards the space between your knees.

Repeat this gentle flowing limber, moving with your breath, up to 6 times. Then sit back onto your heels in Childs' pose and reflect on how you are feeling following your practice.