

# Cat Pose



## Cat Pose Instructions:

1. Start on your hands and knees with your knees under the hips and your hands under the shoulders.
2. Exhale and round your spine toward the ceiling.
3. Inhale as you come back to a neutral position and repeat 10 to 20 times

## Mindfulness Practice:

- As you round your back, exhale and maintain your hands and knees in the same position. Release your head toward the floor and feel the stretch in your spine and neck.

## Cat Pose Benefits:

- The cat pose stretches the neck and spine, helps to relieve stress and tension, and massages the abdominal organs.