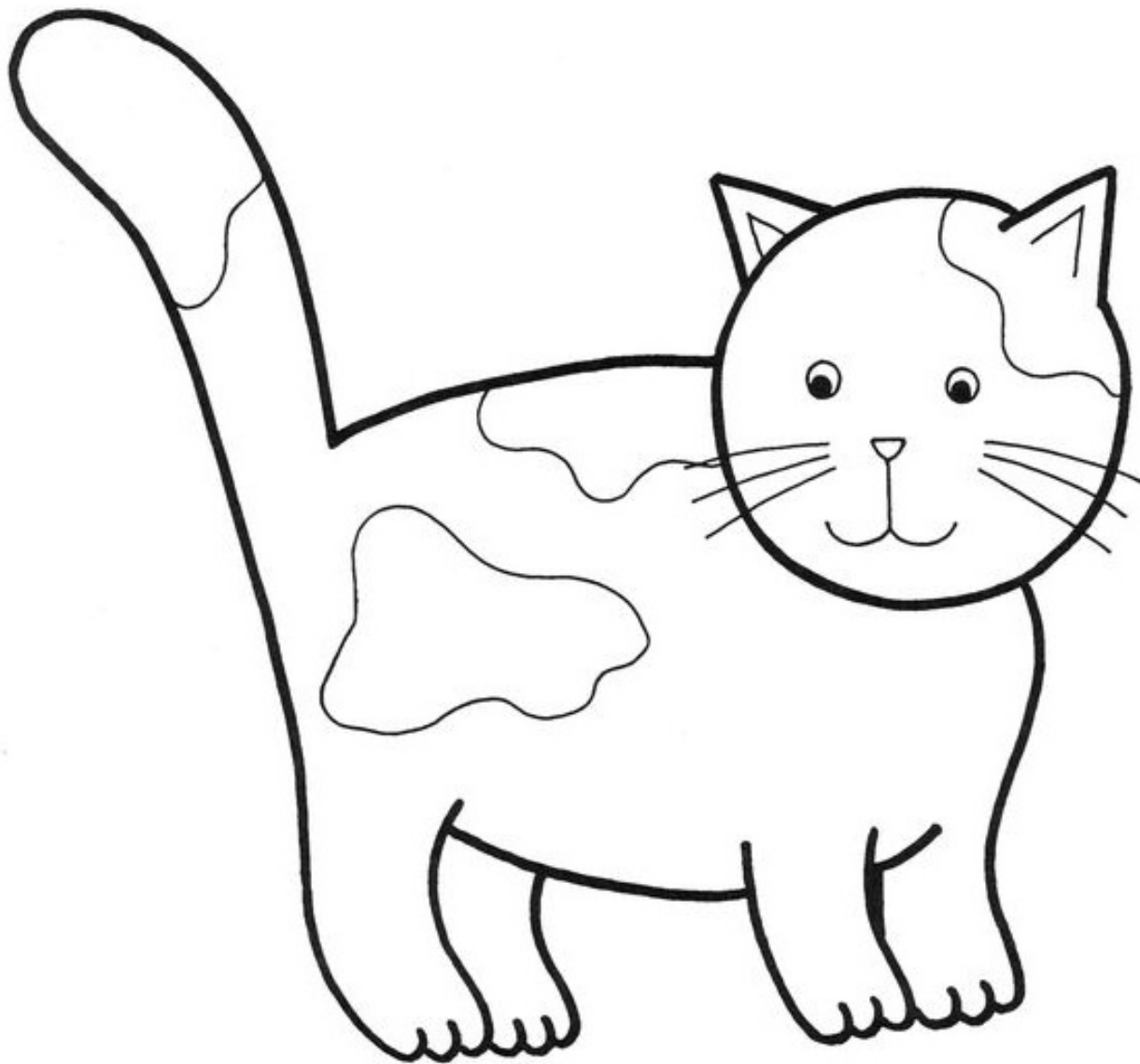


Name _____



Cat Pose

Instructions



1. Begin on all fours. Line up your wrists under your shoulders.
2. Spread your fingers wide and arch your spine to the sky.
3. Loosen your neck and drop your head down.
4. Breathe out long and “catlike” as your meow. If you have a pet cat you might already know this combination of poses!

*Try alternating between cat pose and cow pose for a great stretch.



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