

Cat

Why we do it:

Lengthen spine and relax back muscles.
Open up shoulders for a greater range of movement.

Functional Benefit:

Mobility
Flexibility



Kneel with your elbows on the ground shoulder width apart, hands together, and a flat back.

Curve your back upwards as high as possible, letting your head drop.



Arch your back as deeply as possible, bringing your head back to neutral.

Return to centre.



Extend your right arm to the side, dropping your shoulder to the floor.

Come back to the centre and curve your back upwards.

Arch your back as deeply as possible, bringing your head back to neutral.

Return to centre and repeat on the left.