

Cat and Cow Chair Stretch

Come to sit on a chair with the spine long and both feet on the floor. Place your hands on your knees or the tops of your thighs.

On an inhale, arch your spine and roll your shoulders down and back, bringing your shoulder blades onto your back.

On an exhale, round your spine and drop your chin to your chest, letting the shoulder and head come forward.

Continue moving between cow on the inhalations and cat on the exhalations for five breaths.



Cat



Cow