

Dog - Cat Stretch



Neutral Position

- Start on all fours, with hands under shoulders and knees under your hips.

Dog

- Start the movement from your pelvis.
- Slowly tilt your pelvis so that your butt is sticking up.
- Concentrate on each bone in your spine moving individually all the way to your head.
- Slowly lift your head
- Finish by squeezing your shoulder blades together.
- Try not to move your body backwards-keep hands under shoulders and knees under your hips.



Cat

- Start the movement from the pelvis.
- Slowly tilt your pelvis so that you are tucking tail bone under your pelvis.
- Concentrate on the low back moving upwards.
- Slowly drop your head.

Slowly alternate between dog and cat position, trying to move deeper into the position with each posture.

Repeat postures 5-6 times.

After 5-6 movements, end in the cat position and slowly move your bottom to your heels. This will give you a nice stretch through your low back.

N.B. If any posture causes pain, stop the exercise and speak to someone at the practice.