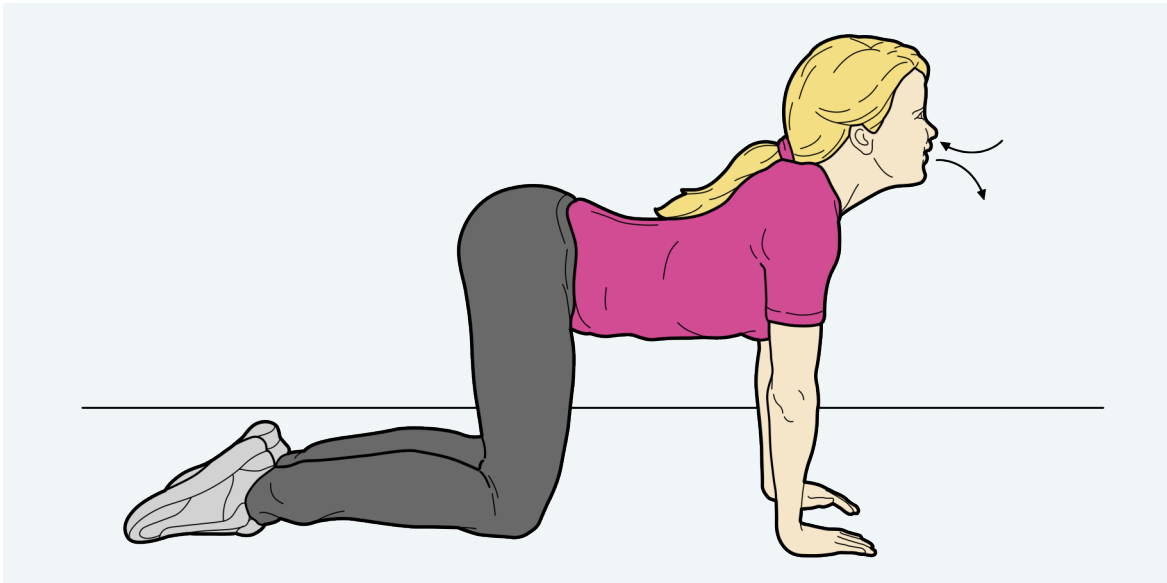


Activity 17: Cat/cow stretch

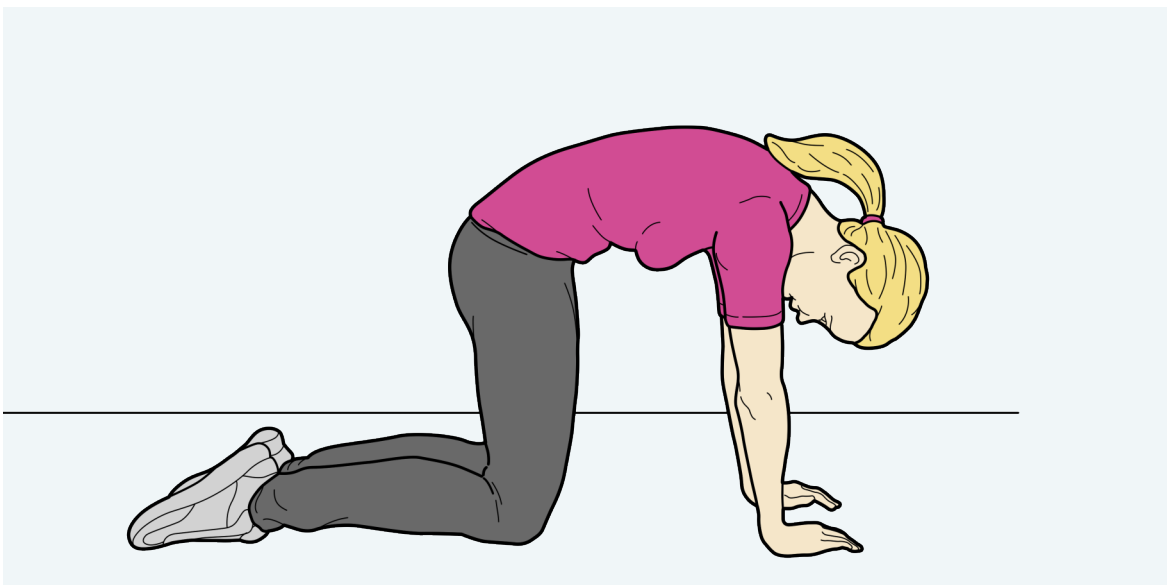
Video demonstration



1. Start on all fours. Your back should be flat like a tabletop. Eyes should look straight down to the ground.



2. Breathe in through your nose, drop your belly down and slowly lift the head/neck up, eyes looking up. This is a cow stretch.



3. As you exhale through your mouth, lift the belly and spine up so the back is arched like a cat.
4. Alternate five to ten cow to cat stretches.

Where did you feel it in your body when you were stretching?

5. Now repeat the cat/cow stretch but this time focus on one of the body parts you identified in step 4.

Did you feel the stretch somewhere different doing the cat stretch compared to the cow stretch? Could you notice the stretches in other places as well as the one you were focused on?