

Cat Cow Pose

Marjaryasana Bitilasana



Benefits

Stretches torso and neck, gently massages spine and internal organs.

1

Start by kneeling on hands and knees. Make sure hands are below your shoulders and your knees below your hips.

2

Inhale and look up to the ceiling, allow your belly to sink toward the floor.

3

Exhale and round your back towards the ceiling and look at your belly.

4

Repeat.