



## CAT AND CAMEL

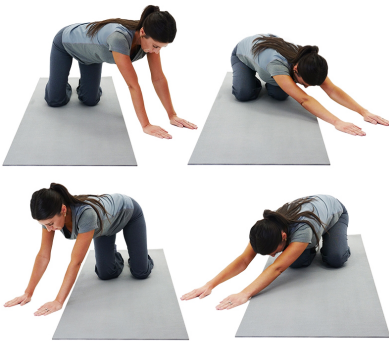
While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling like an angry cat.

Next return to a lowered position and arch your back the opposite direction.

**Repeat** 3 Times  
**Hold** 10 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day



VIDEO



## CHILD POSE - PRAYER STRETCH - LATERAL

While on your hand and knees in a crawl position, slowly lower your buttocks towards your feet. Also, lower your chest towards the floor as you reach out towards the side. Do not reach toward the side of pain.

**Repeat** 3 Times  
**Hold** 10 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day



VIDEO



## SIDE LYING TRUNK ROTATION

While lying on your side with your arms outstretched in front of your body, slowly twist your upper body to the side and rotated your spine. Your arms and head should also be rotating along with the spine as shown. Follow your head with your hand.

**Repeat** 3 Times  
**Hold** 10 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day



VIDEO



### THREAD THE NEEDLE - QUADRUPED

Start in a crawl position. Lower your chest and head down towards the floor as you reach one arm under and across your chest while rotating your spine. Follow your head with your hand.

Hold, return to starting position and repeat.

**Repeat** 3 Times  
**Hold** 10 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day



VIDEO



### WARRIOR 1 POSE - YOGA - VIRABHADRASANA 1

Start by taking a step into a lunge position so that your front knee is bent and your back knee is straight. Tighten your abdominal muscles moving your naval inward towards your spine. Raise your arms over your head.

The toes of your front foot should be pointed straight ahead and the toes of your back foot should be pointed to the side. Your chest, trunk and head should be pointed forward.

Hold this position.

Perform slow deep diaphragm breathing the entire time.

**Duration** 30 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day



VIDEO