



## 5. Cow Pose

### How To Do

- Take transition from downward-facing dog pose to table-top pose, with shoulders over the wrists and hips over the knees.
- Next place weight evenly through the hands, legs and fingers.
- Keep your spine soft for [Cow Tilt](#); start to inhale expanding the belly toward the floor.
- Lift the gaze toward the third eye.
- Send energy from the tailbone towards the neck as they tilt toward the sky.



## 6. Cat Pose

### How to Do

- Start to exhale and push the belly button toward the spine and continue to lift towards the heart.
- Hollow out the tailbone, make the chin to rest on the chest, and gaze toward the nose.
- Complete 5-6 rounds of dynamic cat and cow pose or as many as you find comfortable doing.
- Initiate movement from the tailbone and feel the energy flowing through the spine, neck, and head to create an ever dynamic movement.