

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.

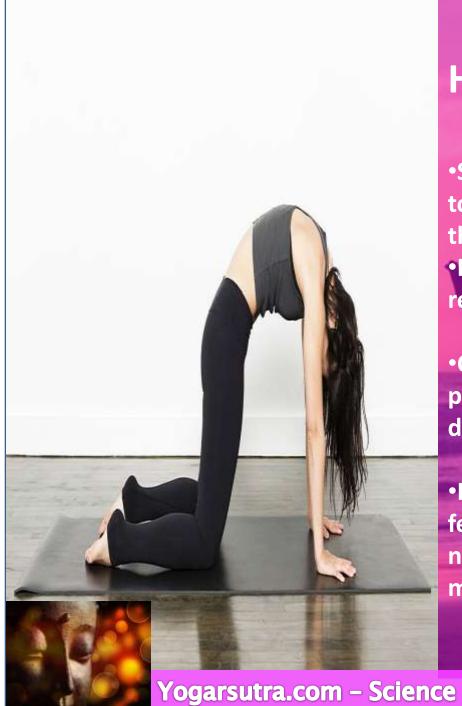
 Next place weight evenly through the hands, legs and fingers.

•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.

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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.

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