

CAT POSE



Come to an all-fours position, round your back, and tuck your chin into your chest.



COBRA POSE



Lay on your tummy, place palms flat next to your body, press into hands, lift head and shoulders off ground.



SHARK POSE



Lay flat on your tummy, lift up your shoulders, and reach your arms behind your back.



SNAKE POSE



Lay on your tummy, stretch arms in front of you, lift head and shoulders off ground.

