



Desk Yoga Series Week 4

Pose #4: The Seated Cat

Following last week's pose, this pose is the reverse stretch. You may carry it out directly following pose #3, or in isolation. You may find a natural inclination to do them together as they are stretching opposing muscle groups.

Begin by sitting up tall, feet flat on the floor approximately hip distance apart. Be sure that you are balanced, sitting directly over your hips. Take a deep breath and as you exhale, place your hands on your knees and round your spine. Tuck your pelvis and pull your navel away from your knees, coming into what is called the seated cat pose. Breathe deeply and feel the broadness of the back body. Let your head dangle to open the back of the neck. Continue to breathe slowly, in and out, allowing yourself to really feel the stretch. Also, notice your shoulders and ensure that they are relaxed, not hunched up toward your ears. Use the photo below as a guide for this posture.

