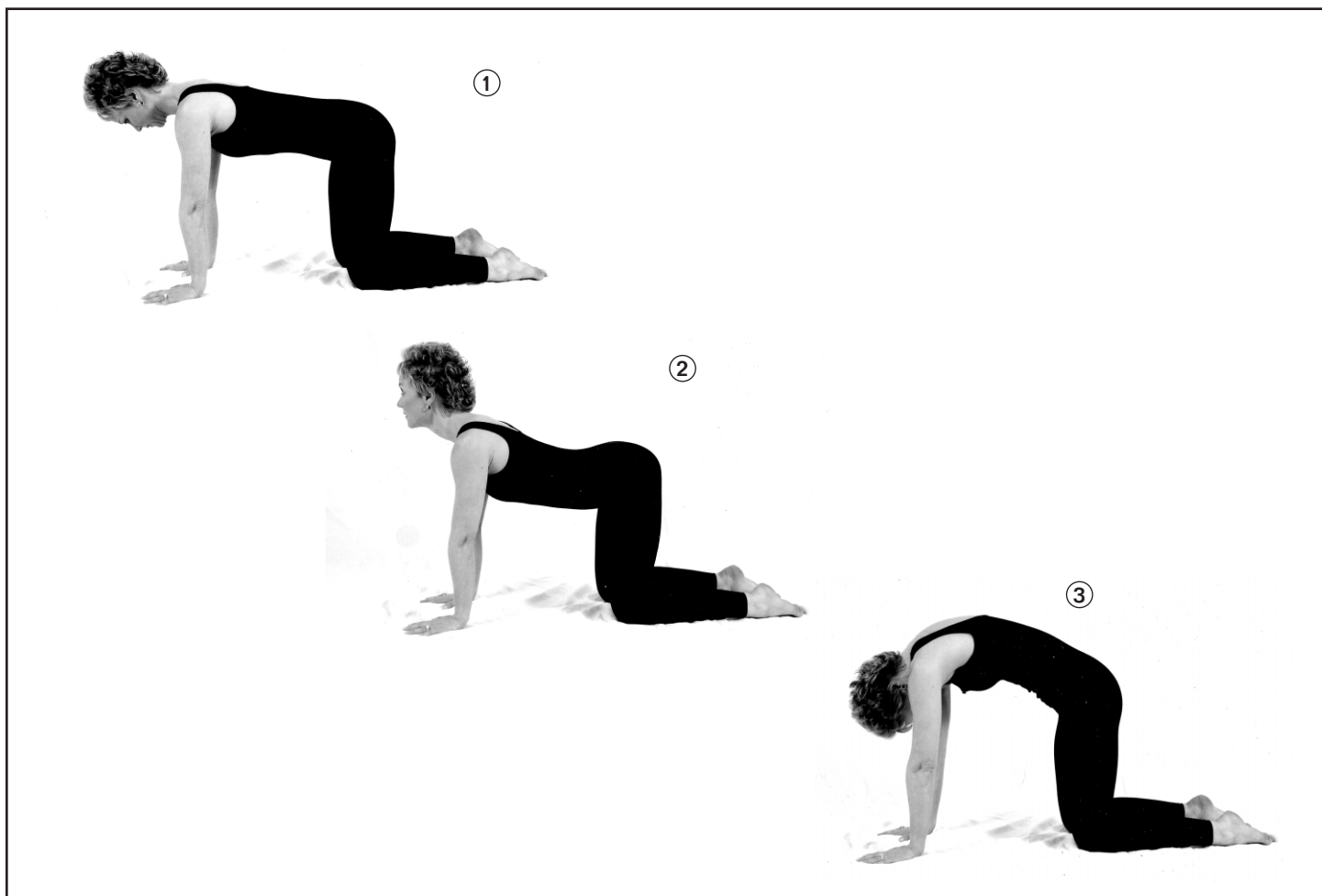


# The Preliminaries



## Cat Pose

Chakravakasana

3 to 10 repetitions, with your breath

### Instructions:

Start on all fours with your wrists under shoulders and your knees under your hips. As you inhale, curve your spine downward, dropping your stomach low, and lifting your head up. As you exhale, reverse the spinal bend, lifting your spine up and pulling your chest and stomach in. Repeat 3 to 10 times, moving with your breath.