

Asana
Cat Pose

Marjari Asana

Starting Position: on all fours, thighs and arms perpendicular to the floor, hands under your shoulders.

While exhaling round your back and draw the front of the body inward starting with the area above the pubic bone; at the end of this movement bring your chin to your sternum.

While inhaling, extend your torso with a movement from the sacrum to the back of your head.

Essential elements are fluidity, perfect coordination between movement and breath, and eventually, adding movement of the eyes.

If there is a problem with your wrists, you can perform this pose by placing your fists on the floor.



At least 10 rounds, up to a maximum of 30 rounds.

Contraindications: serious knee or wrist problems.

Benefits: increases mobility and gently but deeply stimulates the spine, pelvis and torso muscles; loosens the diaphragm; renders breathing profound and symmetric and especially habituates one to breathe deeply and completely; favors digestion and excretion.