**Cat Camel Stretch**

**Equipment**: Yoga mat

* Do the yoga poses only as far as your body feels comfortable — never force or overstretch.
* Breathe normally, stop if you feel pain, dizziness, or strain.

**Instructions:**

1. Starting Position:

* Begin on all fours with your wrists directly under your shoulders and knees under your hips.
* Keep your spine in a neutral position, and engage your core.

1. Cat Stretch (Flexion):

* Exhale as you round your back toward the ceiling.
* Tuck your chin toward your chest and draw your belly button in.
* Hold for 5–10 seconds, breathing deeply.

1. Camel Stretch (Extension):

* Inhale as you arch your back, dropping your belly toward the floor.
* Lift your head and tailbone toward the ceiling without straining your neck.
* Hold for 5–10 seconds, breathing deeply.

1. Repeat:

* Slowly transition between Cat and Camel poses for 8–10 repetitions or as needed.
* Move with your breath, maintaining a smooth and controlled motion.

**Tips:**

* Keep your movements slow and controlled.
* Avoid excessive strain in your neck or lower back.
* Synchronize your breath with the movement for better flexibility and relaxation.