**Marjariasana (Cat - Cow 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.

**Avoid if:**

* You are pregnant.
* You have recently undergone abdominal surgeries.
* You have spinal issues.

**Instructions:**

1. Starting Position:

* Begin on your hands and knees (all fours) on a yoga mat. Ensure your arms are perpendicular to the floor, with your hands directly under your shoulders and fingers spread wide. Your knees should be hip-width apart.

1. Alignment:

* Keep your head in a neutral position, looking straight ahead or slightly down to maintain a long spine.

1. Cat Pose (Marjariasana):

* As you inhale, gently arch your back, raising your chin and tilting your head back. Allow your belly to drop toward the floor while raising your tailbone. Engage your buttocks and open your chest.

1. Hold the Pose:

* Maintain this position while taking long, deep breaths. Focus on the stretch in your back and the opening in your chest.

1. Transition to Cow Pose:

* As you exhale, round your back by dropping your chin to your chest and arching your spine upward. Relax your buttocks and engage your core.

1. Hold the Cow Pose:

* Hold this rounded position for a few seconds, breathing steadily and deeply.

1. Return to Starting Position:

* Gradually return to the neutral starting position on all fours,
* Repeat the sequence as instructed.