### **🎧 Modular Cat-Cow Audio Script (with Loop Option)**

#### **🔹 Intro (Fixed, 20–25 sec)**

*“Come to all fours. Hands below shoulders, knees under hips.  
 Feel the earth beneath you — steady, quiet, alive.”*

*“Inhale… arch your spine, lift your heart.  
 Let your chest open like sunlight breaking through leaves.”*

*“Exhale… round your back, tuck your chin.  
 Feel the breath soften you like morning mist.”*

#### **🔁 Breath Cycle Loop (15–20 sec each)**

Create this as a **clean audio loop** that can be repeated (2, 4, 6+ rounds):

*“Inhale… open, expand, shine.”* *“Exhale… release, soften, ground.”*

*“Feel your spine flowing like a wave through the trees.”*

(Optional sound cue: subtle inhale chime + exhale wind-like whoosh)

#### **🔹 Outro (Fixed, 15–20 sec)**

*“Finish your final round…  
 And return to a neutral spine.”*

*“Notice the warmth in your back, the ease in your breath.  
 You are supported — rooted, yet free.”*