ANGRY CAT BREATHING

Starting Position: Quadruped position.
Shoulders over wrists, hips over knees.
Alternate Position: Stand with hands on chair.
Shoulders over wrists. Knees unlocked.

Instructions:

1. Exhale: Press hands into floor as you round your back and posteriorly tilt your pelvis.
2. Inhale: Hold position sensing breath into posterior ribs.
3. Hold position for 4-5 breaths. Repeat for __ repetitions.

Tips:

Knee Press: Press knees/tibial tuberosity into floor to aid in posterior pelvic tilt
Unlock Elbows
Hips Closer to Heels: Glide hips halfway towards heels to aid in posterior pelvic tilt and inhibit lower lumbar paraspinals.

Variations:

Single Arm Angry Cat: After rounding the back, lift one arm up for a single arm serratus and same side oblique engagement. Hold for same amount of breaths. Reverse.