



What they do:

Gently warm up the back, spine, and neck and stretch tight forearms.

How to do them:

Begin in a tabletop position, with your wrists below your shoulders and your knees under your hips. Spread out your fingertips, and flatten your palms to the mat. Inhale as you look forward, let your tummy sink, and stick up your tailbone to curve your spine downward (cow pose). Then exhale as you lower your head and neck, tuck your tailbone under, and arch your spine (cat pose). Make sure to go slow and controlled, engaging all of your muscles, and focusing on your breathing.

Reps:

Start with 5 to 10 reps and build up to more. Practice shifting hips side to side to help identify “sticky” spots in your lower back.