

DAY 4 – A “PURR-FECT” DAY TO SIT AND STAND

Poses, Modifications, and Alternative Poses

The cat pose is performed seated in a chair or standing in a semi-squat. The poses in this session include flexing and twisting of the spine.

This document outlines cautions for the following:

- Knee problems
- Neck problems
- Back problems including osteoporosis in the spine
- Low blood pressure and vertigo
- Abdominal problems
- Pregnancy

STARTING POSITION: SEATED IN CHAIR OR SEMI-SQUAT

	Seated in chair	Standing
Cautions	<i>None</i>	Knee and back problems: Sit in the chair and do the seated version of the cat.
Starting position		
Modifications	<ul style="list-style-type: none"> ▪ Sit on cushions or blanket on the chair, especially if the seat of the chair dips a little ▪ Place a rolled up mat or blanket under the feet to support them 	

CAT

	Seated in chair	Standing
Cautions	<ul style="list-style-type: none">▪ Neck problems: Move with awareness, and avoid over-extending the neck (ie. taking it back too far). If needed, minimise the movement and keep the neck long.▪ Back problems, osteoporosis: Consider the seated or standing versions of the cat to reduce the amount of flexion in the spine.▪ Abdominal problems: Avoid forceful contraction of the abdomen when rounding the back▪ Pregnancy:<ul style="list-style-type: none">• Avoid forceful contraction of the abdomen when rounding the back• This pose is not suitable if you are in your third trimester of pregnancy	<ul style="list-style-type: none">▪ Same cautions as those seated in chair▪ Knee problems: Sit in the chair and do the seated version of the cat.

The pose



LEG LOCK POSE

Cautions

- Abdominal problems: Don't place too much pressure on the abdomen when bringing knee to chest
- Back problems, osteoporosis: Keep the spine long. For sciatica, only raise knee as high as comfortable.
- Neck problems: Neck problems: Keep the neck long and don't bring it towards the knee
- Pregnancy: Avoid placing pressure in the abdominal area – don't draw the leg into the body.

The pose



Modifications

- Keep the spine long and don't bring the head towards the knee



KNEE EXTENSIONS

The pose



SIDE BEND

	Seated in chair	Standing
Cautions	<ul style="list-style-type: none">▪ Back problems, osteoporosis: Think about lengthening the spine instead of bending and placing pressure on the spine. Extend the crown of the head towards the cornices of the room (ie. where the wall and ceiling join)▪ Shoulder problems: Use an arm position that is comfortable for you▪ Low blood pressure: Move slowly as you bend from side to side▪ Vertigo: Move slowly between side bend and upright position	Same cautions as seated side bend
Starting position	<p>Choose one of the arm positions:</p> <ul style="list-style-type: none">▪ Hands by the side▪ Hands on shoulders▪ Hands behind head	<p>Choose one of the arm positions:</p> <ul style="list-style-type: none">▪ Hands by the side 

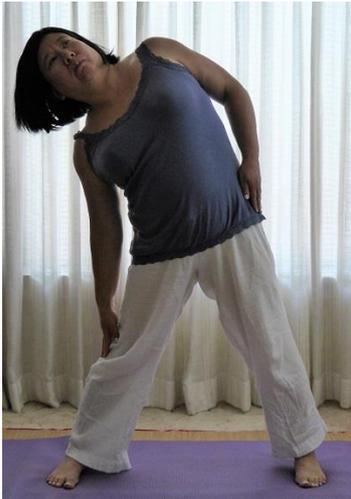
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- Hands on shoulders



- Hands behind head



The pose



SEATED/STANDING TWIST (ALTERNATIVE TO TWISTING CAT)

	Seated in chair	Standing
Cautions	<ul style="list-style-type: none"> ▪ Back problems: Only go as far as comfortable. ▪ Osteoporosis: Don't twist so far that you feel the twist into the spine ▪ Shoulder problems: Use an alternative arm position – hands behind head, or hands by the side ▪ Pregnancy: <ul style="list-style-type: none"> • This pose is not recommended for women in their first trimester. • For those in their second and third trimester, don't twist too much into the abdomen. 	Same cautions as for the seated twist
Starting position	Choose one of the arm positions: <ul style="list-style-type: none"> ▪ Hands by the side ▪ Hands on shoulders ▪ Hands behind head 	Choose one of the arm positions: <ul style="list-style-type: none"> ▪ Hands by the side ▪ Hands on shoulders ▪ Hands behind head

Seated in chair

Standing

The pose



TWISTING CAT

	Seated in chair	Standing
Cautions	<ul style="list-style-type: none"> ▪ Back problems, osteoporosis: Do the seated twist as shown in "Seated/standing twist (alternative to twisting cat)" ▪ Neck problems: Keep the neck long and in line with the spine. Don't let it relax to the side as you twist. ▪ Pregnancy: <ul style="list-style-type: none"> • This pose is not recommended for women in their first trimester. • For those in their second and third trimester, don't twist too much into the abdomen or consider the seated twist 	<ul style="list-style-type: none"> ▪ Same cautions as seated twisting cat ▪ Knee problems: Do the seated version of the twisting cat
Starting position	Sitting in chair as shown in "Starting position: seated in chair or semi-squat"	Semi-squat as shown in "Starting position: seated in chair or semi-squat"

	Seated in chair	Standing
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The pose



Alternative pose

Standing or seated twist as shown in "Seated/standing twist (alternative to twisting cat)"

Standing or seated twist as shown in "Seated/standing twist (alternative to twisting cat)"

RESTING POSE: SEATED IN CHAIR

The pose



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- Modifications**
- Sit on cushions or blanket on the chair, especially if the seat of the chair dips a little
 - Place a rolled up mat or blanket under the feet to support them
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