



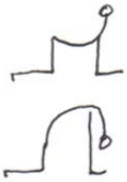
RIVERBEND COACHING

the art of contribution: coaching for big-picture thinkers

Tabletop Vinyasa



Tabletop. Start on hands and knees with your knees right under your hips and your wrists under your shoulders. Spread your fingers wide on the floor.



Cat-cow. On an inhale, allow your belly to move toward the floor, head looks up, sit-bones move back and apart (cow). On an exhale, pull your belly in, rounding your back up to the ceiling like a Halloween cat. Look into your belly. Repeat the cat-cow movement for 3 cycles of breath.



Cat-cow split. On an exhale, lift your right leg straight behind you, keeping your hip points parallel to the floor. Flex your right foot so that the toes point down to the ground. Pull your belly in and up, and then lift your left arm straight in front of you. Inhale here.



Knee to elbow crunch. On an exhale, pull your right knee into your chest and your left elbow toward your right knee. Engage your belly. On an inhale, stretch back to cat-cow split. Do this two more times.



Repeat on the other side. Come back to hands and knees and repeat with the left leg back and right arm forward.



Child's pose. Rest in child's pose when done, breathing into the belly and hips.

