


Movement and Relaxation Pilates Skill Assessment

Name:	Skill: Cat
Critical Instances	Personal Execution
<div data-bbox="99 310 691 810"></div> <p data-bbox="77 884 748 1203">Begin on all fours with the knees under the hips and the wrists under the shoulder. Keep the chest lifted away from mat (like pushing the floor away. Inhale to prepare. Exhale while drawing the mid-section inward. At the same time allow the head and tailbone to drop down toward the floor. Take the stretch further by imagining that you are bringing your head and tailbone together, as if you were going to make a big circle of your body.</p>	