

# Cow Cat Yoga Exercise - Ease Fibromyalgia Fatigue

## Cow-Cat

Cow-cat is an excellent yoga cycle to Ease Fibromyalgia Fatigue. It is specifically designed for spinal flexibility. This cycle in yoga can ease fibromyalgia pain and stiffness, commonly associated with the fatigue of fibromyalgia. Cow-Cat is a safe yoga cycle for fibromyalgia sufferers to practice. This is an effective routine to restore flexibility in the entire spine with no detrimental side effects. This yoga exercise will help ease Fibromyalgia fatigue symptoms.

## Positioning For Cow-Cat YOGA Cycle for FIBROMYALGIA

Position the body on the hands and knees. Place the hands face down on the floor directly under the shoulders, the fingers are flat and spread apart. The hips are over the knees and the feet are hip-width apart. Lengthen the neck. This position is Neutral Table. Inhale, raise the chest and head upward and accentuate the curve of the entire spine, bringing the navel toward the floor into Cow. The arms are straight. Exhale, pivot from the navel and curl the entire spine slowly bringing the head toward the navel making a curve with the spine, bringing the navel away from the floor into Cat. Inhale looking up and exhale curling down. Repeat the Cow-Cat Cycle 10 times, 3 times a day, for optimum flexibility of the spine to improve FIBROMYALGIA FATIGUE and pain.

## Benefits of the Cow-Cat Cycle:

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Increases the flexibility of the spine

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Stabilizes the pelvis and shoulder joints

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Enhances the integrity of posture

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Encourages awareness of breathing techniques

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Decreases lower back tension

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Gently tones the overall body

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Decreases fibromyalgia fatigue, stiffness and pain