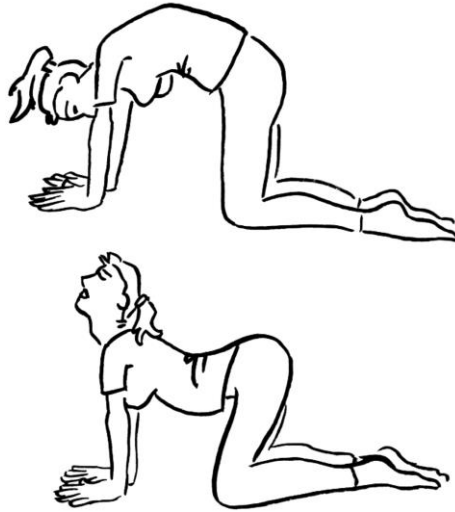


# CAT ARCHES

Developmental Correction



On hands and knees- knees under hips, hands under shoulders, elbows locked, feet flat. SLOWLY sag back and lift head back, then reverse arching back up and lowering chin to chest.

## Cat Arches

- Integrates the primitive reflexes
- Improves ability to sit still
- Improves concentration
- Reduces hyperactivity
- Improves body coordination for walking, running and sports