

# Extended Puppy pose

## Uttana Shishosana

6.



You may start by lying on the stomach. Palms under the shoulders, support yourself on them. Chin or cheek on the floor. Carefully move knees forward and stop. Lift pelvis slightly above the ground.

*Stand on both knees and both arms, and then bend so that your head, arms and chest were on the floor, like a cat, getting under the fence or stretching. Remain in this pose for a long time, so that the energy flows from your pelvis through the body to the head. Watch your spine to be gracefully curved down. Stomach upset and lungs disease are eliminated by this pose. You will become resilient and develop intelligence.*