



## Extended Puppy Pose

(Uttana Shishosana)

*A heart-opening posture to release tension, restore balance, and reconnect with the breath.*

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### Settle Into the Posture

Begin on all fours, aligning your shoulders over your wrists and hips over your knees.

With a slow exhale, begin to walk your hands forward—**extending the arms fully** while **keeping the hips elevated and aligned**.

Let your **forehead gently meet the mat**, and allow your chest to soften downward, creating space through the spine and shoulders.

Engage the hands softly into the mat, fingers spread, inviting length without strain.

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### Breathwork Focus: Melting Exhale

In this posture, we pair stillness with intentional breath to calm the nervous system and create inner spaciousness.

#### ✨ Inhale (count of 4):

Breathe deeply through the nose. Feel your ribcage expand outward and upward, creating lift and openness through the upper body.

#### ✨ Exhale (count of 6):

Release the breath slowly. Allow your heart to melt toward the floor. Let your shoulders fall away from your ears. Soften the jaw. Let go.

Breathe with awareness. Each inhale nourishes. Each exhale dissolves what no longer serves.

**Recommended rhythm:** 6–8 slow rounds of breath

(Optionally guided by a soft count or calming music in the background.)

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### Mind-Body Connection

- Visualize your breath as a wave, washing tension from the shoulders and spine.

- Notice the contrast: strength in the arms, surrender in the heart.
- With each breath, invite softness into the spaces that feel tight or guarded.
- Allow gravity to hold you. No effort. Just presence.

*“I let go of control. I soften into presence. I am safe in stillness.”*

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## **Closing the Pose**

When you're ready to release, **gently walk your hands back** underneath the shoulders and return to tabletop.

Take a moment to pause. Feel the residual calm. Notice the breath.

Carry this grounded energy with you into the next moment, the next movement, the rest of your day.