

## Puppy 1

## Level 1 / Posture 7

**Benefits:** Strengthens shoulders, arms, thighs; stretches & improves flexibility of upper back, middle back & shoulders

**Time to Do:** 1 - 3 minutes

**Body Parts Used by This Posture:**

Arms, shoulders, upper back, middle back, thighs

**Warms You Up for:** Cat 1, Cat 2, Child Pose; any pose that works the shoulders or inner thighs.

**Good Immediately After:** Cat1, Cat2, Dog, Cobra, Back Bend

**Builds you up for:** Puppy 2, Dog, Sun Salutation

**Combines Well with:** Cat1 or Cat2, Child Pose

**Energy Center Used:** Heart; (also, a little, Solar Plexus & Throat)



This is a nice stretch for your shoulders. It's a good warm up to postures that work the shoulders, like the Bust Expansion, the Shoulder Stand and the Dog. Once you come to terms with this pose, you can hold it for longer and longer periods of time, just focusing on your breathing. That's when it becomes meditative. In this way, the Puppy teaches you to let go of stress by focusing on your breathing.

### Start in Table Stance

Kneel on all fours

Arms coming straight down from the shoulders.

Knees coming straight down from the hips.



### OR START Kneeling

Hands on your knees.



**You Will Feel This In**  
Your shoulders & inner thighs

**THEN**

Stretch arms out in front of you as far as they'll go.

Allow your elbows and lower arms to touch the floor while keeping arms stretched straight out.

Keeping your hands on the floor, slide your hips up and back.

Rest your forehead on the floor.

**Tip** Swivel the front of your hips down toward your thighs, this will help you get a straighter line from the hips, down the back and down the arms.

**Repetitions Do Once**

**Hold 5 – 20 breaths**

**Tip** If your hips are up and back enough, you will feel your shoulder blades flatten and come together. Then your whole body looks like one straight line from hips to head.

**Tip** Allow your weight to be divided between your arms & hands, your knees and your forehead.

**Release**

Slowly pull arms back and sit up.

**OR****Alternative Release**

Slide into the **Child Pose**

**Alternative Positions**

Hips resting on cushion or towel.

Weight resting on hands, elbows, forehead, knees and towel.

**Common Errors**

Not bringing hips far enough up or back.  
Not putting weight on your hands. It should feel like your weight is pressing into your finger tips.  
Not flattening out the shoulders, not bringing chest toward the floor.

**Breathing**

**Starting Position**



Breathe in  
Breathe out,  
letting weight settle  
onto hands & knees  
Breathe in

**Alternative Starting Position**

Breathe in  
Breathe out,  
letting weight  
settle onto  
knees  
Breathe in



Breathe out  
Sliding arms forward

Breathe in

Breathe out  
Sliding hips up & back

Breathe in

Breathe out  
Flattening shoulder blades  
& bringing chest toward floor



**Hold 5 – 20 breaths**

**Release**  
Breathe in  
Sitting up

Breathe out  
Feeling your  
weight settle  
down.

**Alternative Release**



Breathe in  
Breathe out,  
Sliding into the  
**Child Pose**

**In the Child Pose**

Inhale  
Exhale & feel your weight  
settling into Child Pose, feeling  
a gentle stretch starting to  
happen along your shoulders  
and lower back as you breathe  
out and your weight settles.