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The art of transendogtail meditation

by dogi master Neil Goodridge

by Neil Goodridge



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The

art

of

transending
tail

Meditation

DOG X

The practice of Doga dates to 3,000 BC*. The supreme dogi master from the 'Golden Retriever Age' of Doga was Mahmuttma Gandhi. His sutras were recorded in scratchscrit on the sacred kennels of the river Basenji.

* Before Cats



Mahatma Gandhi

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'Down dog'

The all time classic
Doga pose. With four
paws planted on the
floor, point back upwards.
Excellent for putting the
wag back in your tail.

1



2

Urdhva Mukha Svanasana

'Updog'

Lay on your tummy,
straighten front legs,
tilt head up as if
gazing at the
dinner table.

An excellent
pose for stimulating
optimisum (yes,

I will spend
a week in Paris
with Brunhilde the
dachshund).



Puttanesca Mutt Burrasana

'leaping elephant'

Stand on one hind leg. Front paws point forward, tail is erect. This pose perfectly balances your yip with your yap.



3

Hairbagasana

Lay on your belly, reach back
and grasp your tail in your mouth.

4



S a l a b h a s a n a
'Hot Dog'

Lay on your stomach as if
on a barbeque. Unlocks the spine
after a day curled up in a basket.

5



Salabhasana Dijon

'Hot dog with mustard'

Same as the 'hot dog' but hotter.
This pose is excellent for achieving
sublime levels of flatulence. Do not
attempt in concert with Phartansti
and in vicinity of naked flame.

6



Doga

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Doga novices (pups) are taken for walks on the pathway of enlightenment.

astral centredness and drop dogi-dos on spiritual imbalance. The dogic quest of oneness is attained by doing it 'dogi style'. Fetch for walks, heel to cosmic harmony, drop dogi-dos on spiritual imbalance. The dogic quest of oneness is attained by doing it 'dogi style'.

Nascarsana

'Lying doggo'

Unroll dogo mat. Crawl under.

Change your name and tags.

Move interstate, don't use mobile phone or credit cards.

Excellent pose for eluding dog catcher.



8

Phartinasti

'Heavenly Wind'

Stretch your legs to make triangles.
Arch back, clench stomach muscles, focus
on your third eye.



This pose dispels tummy irritations
by expunging negative energy.
Best after vindaloo.

Cactusana

'Dead Dog'

Lay flat on your back and raise your legs. Alternatively, drink a bowl full of beer.

Chasing hubcaps is another method to obtain this state of supreme inertness. If you can reach this stillness of the soul you need not continue with the remaining poses in this book.

9



Snoopasana

'Sniff the roses'

Stand upright on hind legs.

Focus on your nose and harness
the universe's cosmic vibrations.

Bend over and insert your
snout between your legs.

Enjoy orofactoral
enlightenment.

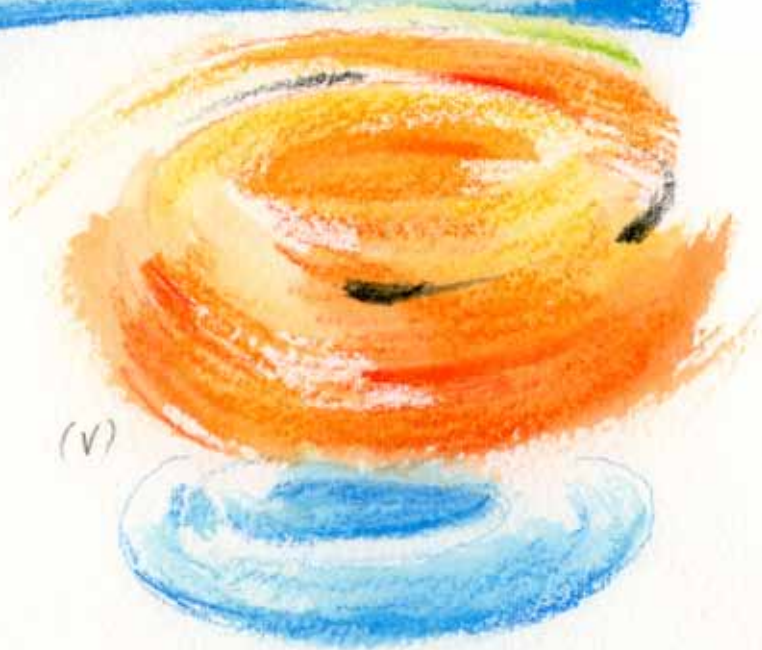


Dhyana

'Vegetation'

Make your dog's
mat comfy.

Get your
head down.





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This is a totally
mindless sutra,
Doga masters can
sustain this intense
meditation from
one meal time
to the next.

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11

Bitshiva

The beautiful
dogess Bitshiva
whelped 100,000
puppies in one
litter. After this
she sat permanently
cross legged.
In Doga this
posture is known
as 'Sittin - n - Bitchin'.



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12

Poochasana 'Dodgy Knees'

Lay on your back, stretch out tail, hug knees. Excellent treatment for sore joints from chasing balls. Restores calm after slipper rage.

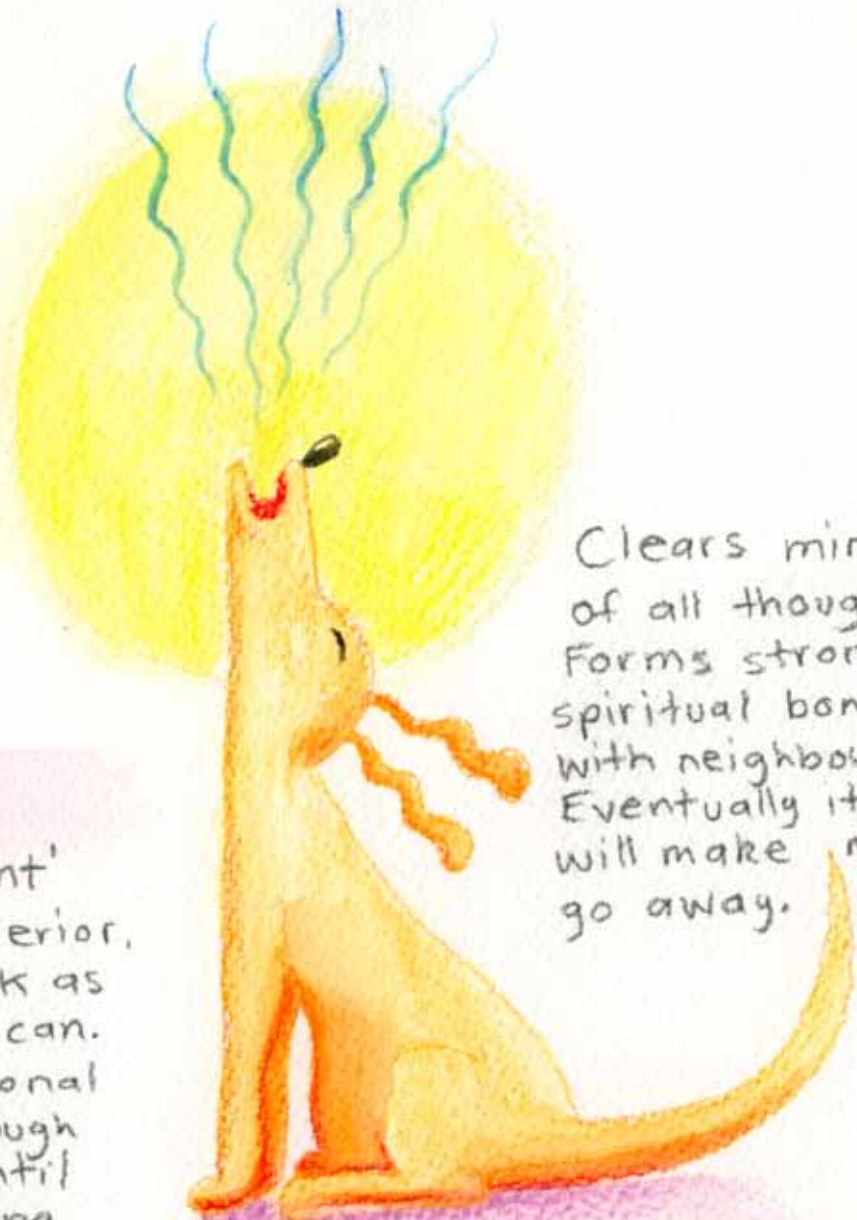


13


Aroooooo

'Moon Chant'

Sit on posterior,
stretch neck as
high as you can.
Repeat personal
mantra through
the night until
early morning.



Clears mind
of all thought.
Forms strong
spiritual bond
with neighbours.
Eventually it
will make moon
go away.



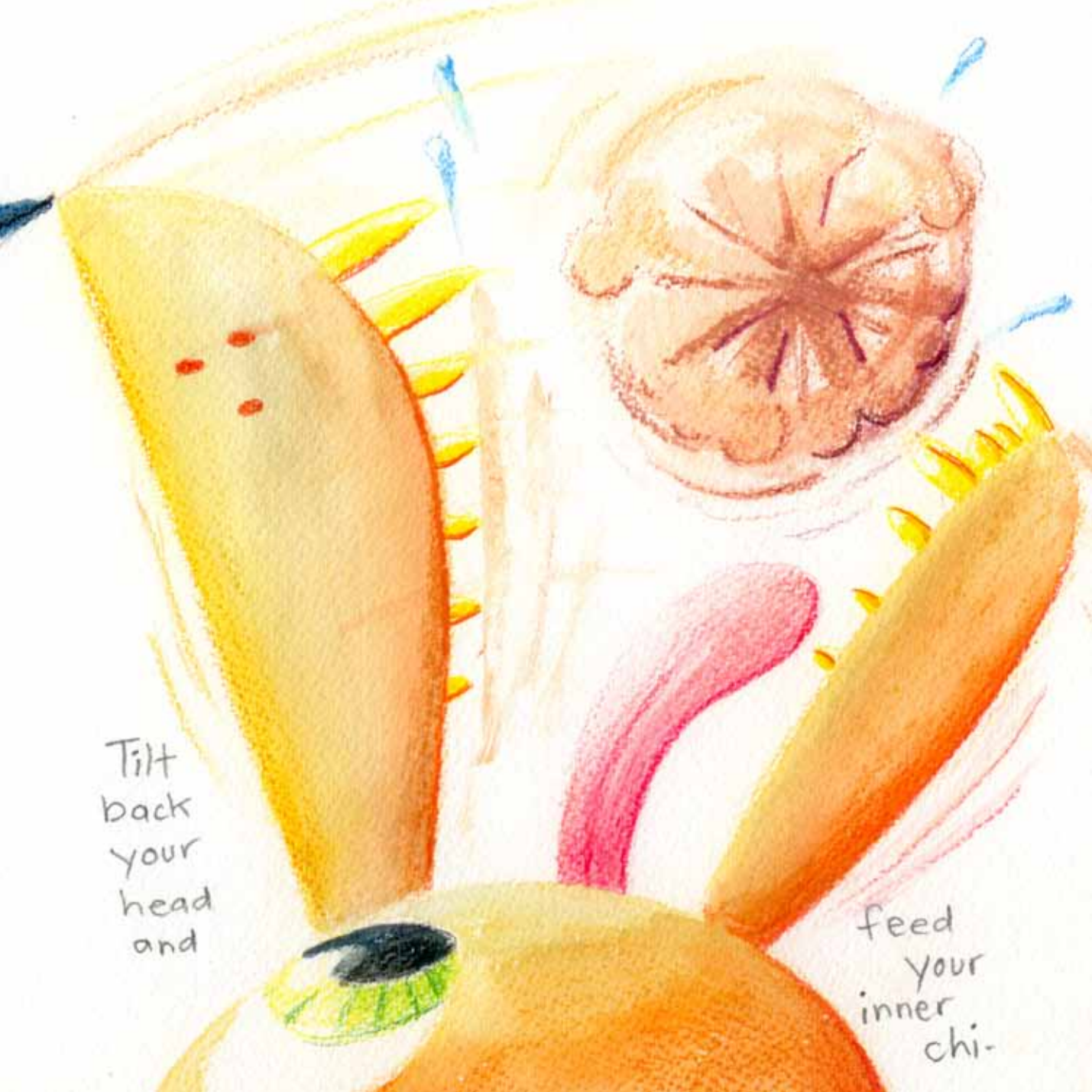
K9 Pranayama

'Dog breath'

#

14

Control your
breath and
balance your inhale
and exhale.



Tilt
back
your
head
and

feed
your
inner
chi-

...huahua.



Ha, Tha, Ha.

These sutras will help you control the physical so your mind is aware of nothing.



Salute
the sun.



Salute
the moon.



Moon
the sun.

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15

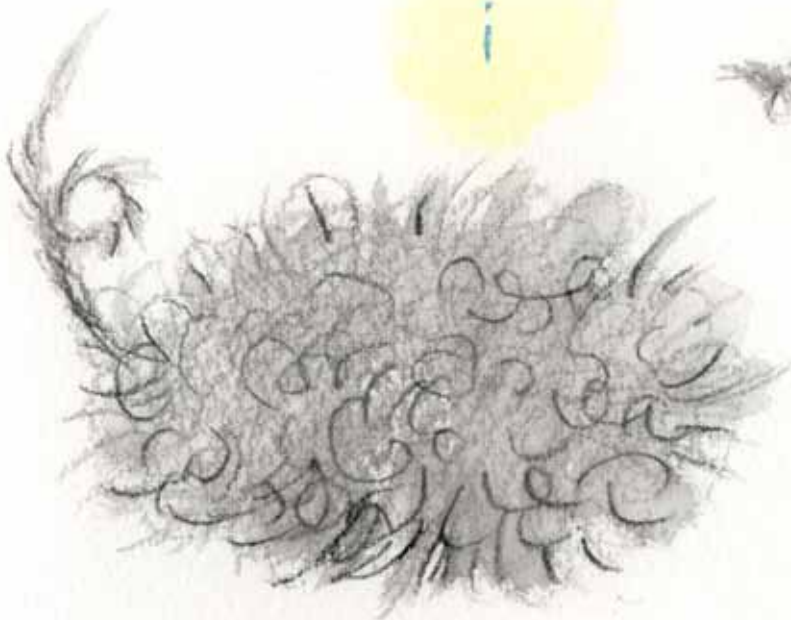
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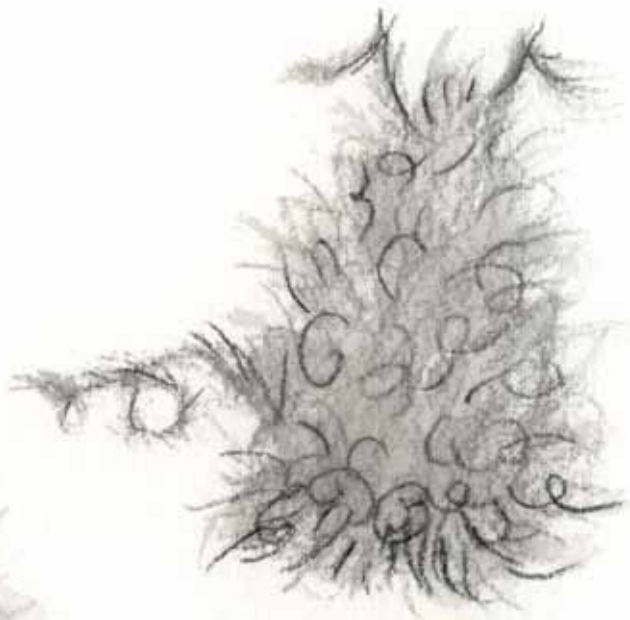
5 GOALS

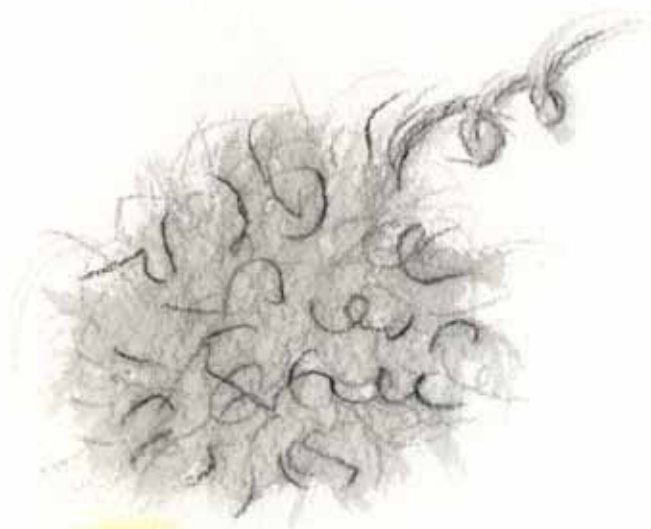
PASSES.

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v



iv

Learn these poses and live over 200 years.

Stand on one paw. Get yourself into a dog-gone tangle. Try not to fall over.



'The beagle'
Garuda

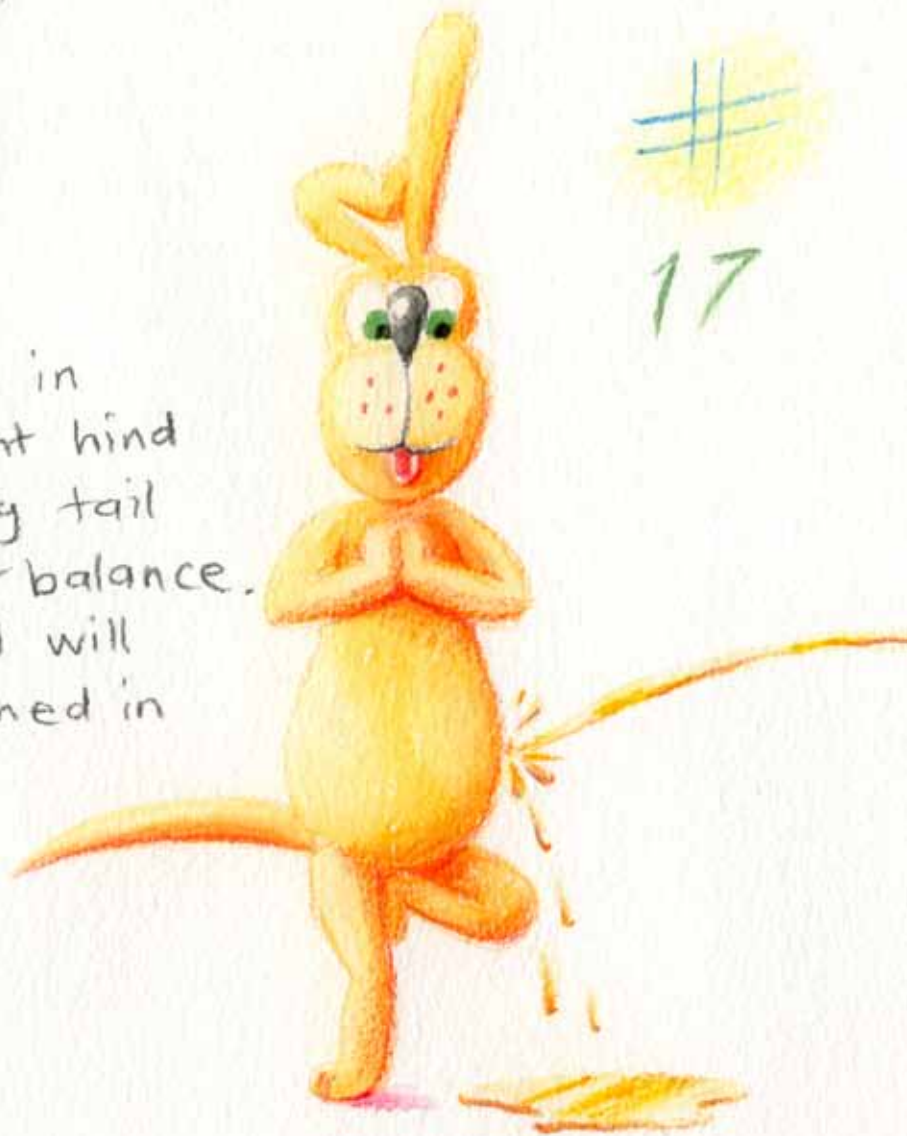
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Bark a

'Tree'

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Lock paw in
above right hind
leg. Deploy tail
as counter balance.
Your soul will
be drenched in
liquid
sunshine.



P e s a n a

'The golden arc'
Lay flat on your back, spring
up on your legs. Relax your bladder.



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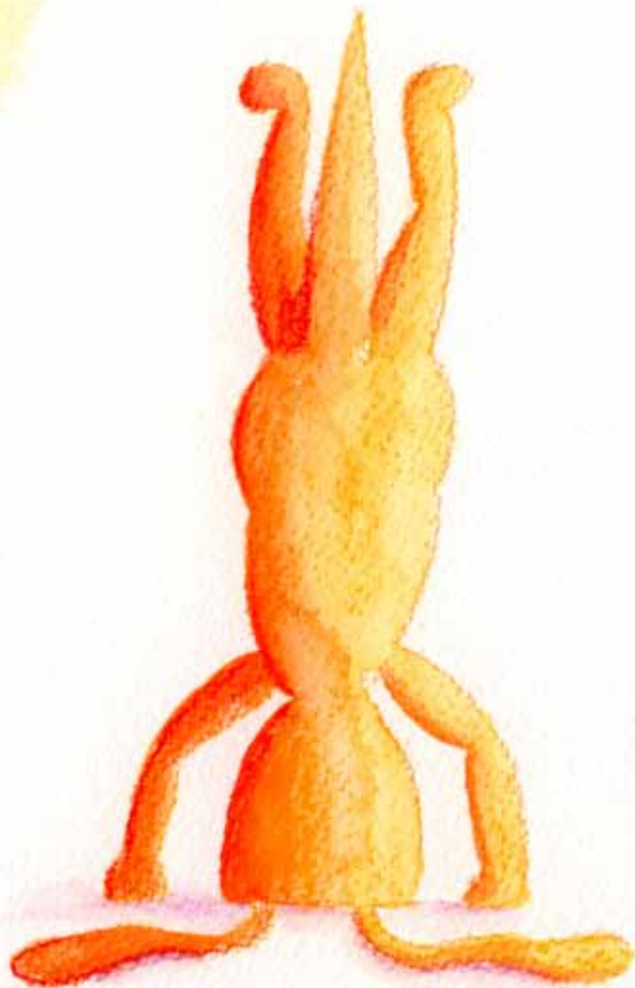
19

Paasana

'The log cabin'
Balance on front legs. Feel
prana pass through legs. Feel
Don't use your dog mat for
this asana.



The



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to muttaphysical
harmony.



