



MEDIA RELEASE

Monday 23 AUGUST 2010

Downward Doggies – The Rise of Yoga for Dogs!

While some may laugh at the thought of Dogs doing Yoga – DOWNWARD DOGGIES is no joking matter. The practice of DOG YOGA, sometimes referred to as DOGA has become a popular practice in the US and now set to take on the Dogi's of the Gold Coast.

Just like traditional yoga, Downward Doggie poses mimic those from human yoga in a series of twists, lifts and gentle massage so dogs and owner can enjoy a bonding and therapeutic exercise.

Owner of POPPINS PET-SITTERS and DOWNWARD DOGGIE instructor Hannah Reed says Moves such as “puppy’s pose”, “camel rides dog”, “pit to paw standing twist”, “woofing warrior 2” and “super dog” all have their own unique qualities and benefits to the dog and owner but should not be replaced by regular exercise.

“Poses such as Woofing Warrior 2 stretches out the yogi’s hips and strengthens the thighs and tummy while the dogi gets a stretch and massage releasing any tension – but, dogs still need their daily walks”.

Benefits of DOWNWARD DOGGIE classes are for both dogs and their owners and the best part is you don't need to be a yoga guru. Hannah says the biggest benefit of Dog Yoga is the bonding between the dog and owner.

“DOWNWARD DOGGIES is a great way to increase dogs socialization with other dogs and bonding with their owner.

“It increases trust between owners and their dogs while allowing owners to

conduct a full body scan and check for any abnormalities that might normally go unnoticed – but the most important aspect is to have fun.” said Hannah.

ENDS

For more information, interview or photo opportunities please contact Hannah Reed on 0423 675 693 or email info@poppinsitters.com.au