

Doga Debut!

FREE Introductory Yoga With Your Dog Class

What is Doga?

- A fun bonding experience
- Relaxing
- Stretching
- Doggie Massage
- Meditation



What Doga is Not:

- Doga is not for the dog, It is for you
- Dogs are NOT forced into any kind of pose
- It is not a training class

No Yoga Experience Necessary

What to bring:

- Yoga mat, a large towel or blanket
- Your dog and leash
- Water if desired for you and your dog
- A sense of humor



What to Expect:

A brief introduction to yoga and it's transition to doga, a short break followed by a doga session. The session includes breath awareness, walking meditation, standing poses, seated poses, stretching (dogs, too, if they are willing), and canine massage, followed by savasana (a final resting pose) resulting in a totally zenned out dog and human!



When:

We are offering two dates for your convenience
Friday May 10th 6:30-7:30 pm or
Saturday May 18th 12:30-1:30 pm

Where:

Canine University, 24850 Aurora Road, Bedford Hts., OH 44146

To Register Contact:

Instructor Janice Wenig CYT, LMT jwenig@me.com 216-403-3566 or
K9U President Amy Gutmann info@ohk9u.com 440-232-9646