

Dog Yoga

Incorporating yoga with your pet offers huge benefits for both dog owner and dog!

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Summary

With stress at its peak in today's society, the relationships we have with the animals around us often take a hit. Dog yoga is a great way to build the relationship you have with your dog, with yourself, and with people around you. The benefits of yoga are endless and these benefits are also transferrable to our dogs.

Video Link

Dolga: <http://www.youtube.com/watch?v=29vc3tNTUGw>

The Issue: Dog Yoga

Improving the mental, physical, and emotional health of our beloved pets

Yoga is a peaceful, satisfying, healthy way to reach a state of self-actualization and acceptance. It is beneficial to every person who is open to reaching a cleansed state of mind. There are many physical benefits including flexibility, strength, muscle tone, alignment, pain prevention, and better breathing. Pranayama is the measuring, control, and directing of breath. The practice contributes to a calming mind and purification of the body. It is a way to tap into your own energy and potential. When incorporated into a weekly practice there are huge advantages which include mental calmness, stress reduction, increased self-confidence, control over mind and actions, and reduced anxiety.

Animals are very intuitive and can feed off your energy and feelings. By incorporating yoga with your dog you offer the same benefits you receive including improving digestion and heart function. Having a practice with you loved pet can help build trust, strength, support, separation anxiety, bad behavior, hyperactivity, and most importantly love.

Bringing dog yoga to the community

For the service project, I offered a free dog yoga class to people of my local community and accepted donations which were given to the local SPCA (\$60). To spread the word I put a flyer in the local pet store. Seven people showed up! During the class I showed owners different postures they could practice at home with their pet. The class was definitely a success as there were many laughs and everyone left in smiles and feeling great. The dogs were probably happiest to be out and socializing with their friends. Getting the dogs to participate was not so easy, however bringing the practice home when the dogs are calmer and not as distracted is definitely easier.

“Practicing DOLGA with Cheri has been great. In the beginning she wouldn’t really participate, but after giving her some time she comes and sits right on my mat right when I roll it out. It is so cute!”

-Patti Krady

“Elmo has showed huge improvements in his behavior. He is calmer and seems happier! I think he really loves the extra T.L.C. and attention.”

-Daniel Hanan

References

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Editorial

On The Issues: The Progressive Women's Magazine
October/2009 – Domestic Violence Awareness Month

In response to domestic violence awareness month, I would like to point out the benefits of yoga for victims of abuse. In addition to physical benefits, practicing yoga postures combined with pranayama (breath work) can lead to profound insights into a victim's life. Typically, abused women suffer with repressed feeling, dissociation from reality, low self-esteem, and lack of a coping mechanism to deal with emotion. Too often, they cannot confront the root of their psychological and emotional pain. Yoga is an effective, efficient, and healthy way to release and let go of pain and negative energy in order to reach a purified state of mind. Yoga is a means for a deep transformation and is beneficial for all people. So let us share love, trust, and acceptance through yoga.

Namaste

Olga Missry