

# DOGA: YOGA WITH YOUR DOG!

*For current schedule and pricing, visit [www.seattlehumane.org](http://www.seattlehumane.org), click on “Classes and Training” and scroll down to “A La Carte Class Information.”*

Bring your dog with you to yoga class! This class is a fun way to explore yoga, massage, stretching, and relaxation techniques for both you and your dog.

Deepen your connection with your dog, learn to transport your dog to a deeper level of calm and relaxation, and understand the basic principles of how yoga can benefit you and your dog. Discuss and practice methods of relating your movement to your dog's movement. No prior yoga experience is needed.

**Instructor:** Brenda Bryan has been practicing yoga since 1998 and is the owner of “Barking Budda Doga”. She is a graduate of the 8 Limbs Teacher Training program and a licensed massage therapist who became interested in doing yoga with dogs after taking a course in small animal massage.

Questions about the class? Contact Brenda at [brendabryanyoga@hotmail.com](mailto:brendabryanyoga@hotmail.com)

## **REGISTRATION INFORMATION**

**Online:** [www.seattlehumane.org](http://www.seattlehumane.org) (click on “Classes and Training”)

**Mail or Drop off:** 13212 SE Eastgate Way, Bellevue, WA 98005

**Email:** [dogtraining@seattlehumane.org](mailto:dogtraining@seattlehumane.org)

**Fax:** (425)747-2985

**Phone:** (425)373-5385

