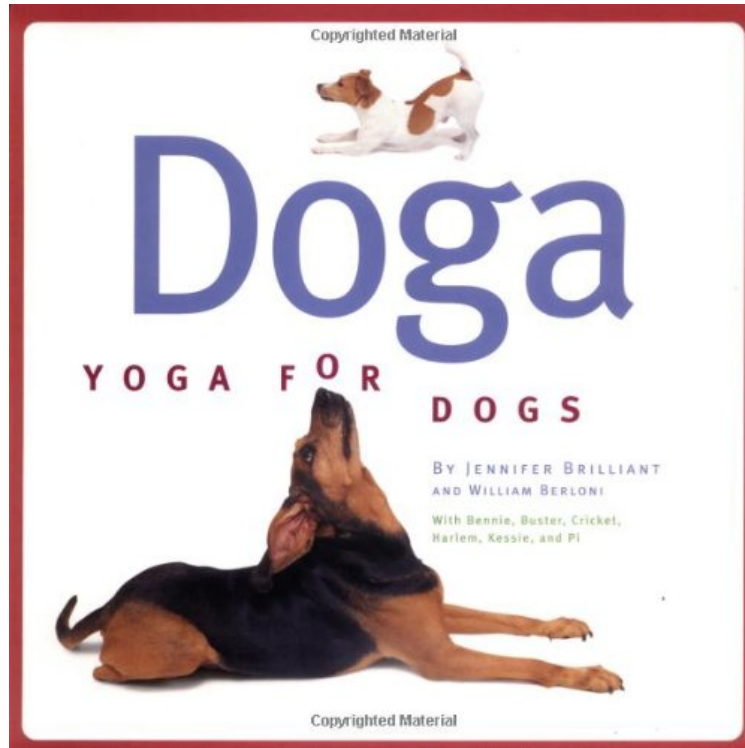


[Download] Doga: Yoga For Dogs

Doga: Yoga For Dogs

Jennifer Brilliant, William Berloni
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#1566816 in Books 2003-09-01 Original language: English PDF # 1 8.50 x .25 x 8.50l, #File Name: 081184167796 pages | File size: 69.Mb

Jennifer Brilliant, William Berloni : Doga: Yoga For Dogs before purchasing it in order to gauge whether or not it would be worth my time, and all praised Doga: Yoga For Dogs:

7 of 7 people found the following review helpful. Not exactly for the DogsBy Patti RushtonI am a Yoga instructor, I serve on the board of directors to a national Dog Rescue group, a rescue dog foster Mom and have 4 dogs of my own. So with that said I was seriously looking for a way to bring Yoga to these dogs that could really benefit from doing Yoga. However this book is more of a coffee table piece than anything remotely close to an instruction manual. The pictures are cute but in no way was this what I was expecting or wanted. I know through reading articles on the net that there are real Yoga instructors that are really teaching Yoga to dogs but this is not anything that can be taught. This book shows movements that dogs do normally and then they have given it a name. Just not useful, just cutesy!0 of 0 people found the following review helpful. Save your money.By Ian YoungZero stars should be an option. Just a novelty book.0 of 0 people found the following review helpful. For dog loversBy Debbie PorterThis book is so much fun! It is not a how-to book, so if that's what you are looking for, keep going, but I bought it for a friend of mine who is a dog lover and Yoga instructor, and she loved it! It's good for a few laughs, and who can't use a few laughs these days, and the pictures of the dogs are great. I highly recommend this book.

Dogs have always been natural yogis, and their tranquility of mind, ability to be in the moment, and contented outlook are widely considered to be the result of their long and devoted practice of doga. Dogis Benny, Buster, and Cricket

practiced in obscurity for years, perfecting their dogic principles. Now at last they reveal the powerful secrets of doga. Many of the movements and positions of doga can inspire and assist humans in their own yoga practice. Doga presents the major asanas or postures, from the Downward-Facing Dog to the relaxing Happy Puppy and restorative Pup's Pose. Each stretch is demonstrated by one of the dogis, with accompanying text to help people adapt positions to their own practice. Also included are breathing techniques such as the hot breath, or pant, and tips on practicing with your own dogi. Anyone who does yoga or owns a dog is sure to find inspiration in these pages. On the path to health and inner harmony, Doga shows the way.

About the Author Jennifer Brilliant teaches yoga at New York's famed Om Yoga. She regularly studies with dogis to enhance her own practice. William Berloni is an animal consultant whose canine clients work regularly on Broadway.