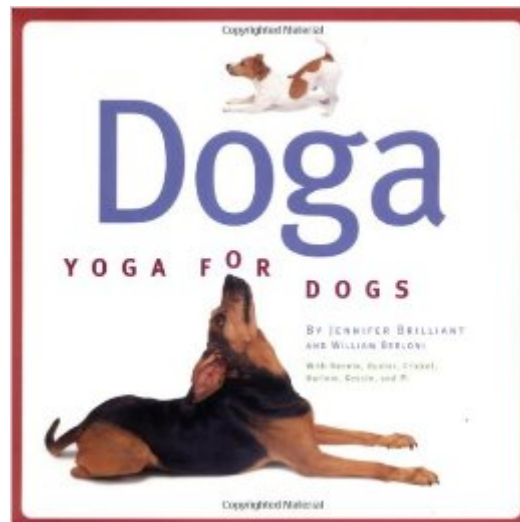


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# Doga: Yoga For Dogs



## Synopsis

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.

## Book Information

Paperback: 96 pages

Publisher: Chronicle Books; First Printing edition (September 1, 2003)

Language: English

ISBN-10: 0811841677

ISBN-13: 978-0811841672

Product Dimensions: 8.5 x 0.2 x 8.5 inches

Shipping Weight: 13.6 ounces

Average Customer Review: 3.6 out of 5 stars [See all reviews](#) (18 customer reviews)

Best Sellers Rank: #712,517 in Books (See Top 100 in Books) #277 in [Books > Crafts, Hobbies & Home > Pets & Animal Care > Food & Nutrition](#) #656 in [Books > Humor & Entertainment > Humor > Cats, Dogs & Animals](#) #1750 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#)

## Customer Reviews

My bookshelves are bursting at the seams and so... with great reluctance I've tried to stop myself from buying more books. And I've been really pretty good at it too! But, this book I just had to have! As a long practicing yogi (way before it was popular) and dog owner I thought this was just the coolest book ever. After browsing through it several times at my whole health practitioner's office, I finally bought it. Dogs are very natural "dogis." We could learn many lessons from their breathing, stretches, and positions, a point that becomes really evident in this book. Written by an obviously experienced yoga instructor, the dogi wisdoms and human tips give the human reader a lot of good

information on practicing yoga, though I would not put this in the serious yoga instruction book category. A really fun book!

What a fun book!! The author gets into the mind of the subjects ("Dogis")!! The book is plumb full of AWESOME pictures of dogs being....well dogs, but also naturally acting out popular yoga poses. Demonstrates that we should take a cue from our four legged pals, they know how to really stretch, relax and get in touch with themselves!!

I 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!

This was a relatively cute book, but please beware that it is not truly instructional and is not meant to teach one how to facilitate a Doggie Yoga class. This book would make a good gift for the yoga aficionado who also loves dogs and might be entertaining for a few minutes. I would have preferred to see a greater variety of dogs as well. However, I understand the author's vision in spotlighting only four in order to develop character. I would not pay full price for this book.

It was visually cute, but I was interested in more of an instructional book. The description is misleading. This isn't much more than an inspirational coffee table book.

This book is really great. I sent it to a friend along with the "DOGA" calendar ... she loved it! She loves dogs and she also does YOGA. You will love this book. HIGHLY RECOMMENDED! This is the first time I have actually done a review but this book was well worth it!

Dogs actually do breath correctly, humans don't unless taught. Dogs stretch when they sense the need, humans don't unless taught. Dogs are amazing to watch, there are many things innate to dogs (and most animals), that humans don't do, but probably should. Breathing - Humans breath

shallow inadequate, terse breaths. Why? Because we've forgotten how to breath correctly. How do we learn to breath correctly? Well, at birth. Once born the baby should be placed on the mother's chest, before the cord is severed and taught to breath. There, feeling the breath come in and out of the mother, feeling the heart beat, the baby learns to breath. Most mothers will have to ensure THEY are breathing correctly to pass this Vital Information onto the babe. Since dogs breath naturally, pups are brought close to the mother, umbilical chord usually intact and feel the breathing and the heartbeat and become one with the mother. Okay... think about it. And that's precisely what this book does, it gets one thinking about things, that perhaps we normally wouldn't take the time nor have the inclination to discover. I enjoyed the read, it was cute, informative and being a dog owner I could relate.

While the pictures of dogs in familiar poses are charming, there is no instruction of how to participate in Dog Yoga with your dog--just cutesy descriptions of how dogs do these poses on their own.

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