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This wall calendar gives new meaning to “Downward Facing Dog.” The Yoga Dogs calendar features a year of digitally reworked images showing endearing dogs positioned in classic yoga postures. These reworked canine portraits will bend your mind and delight you. The time is here to laugh and be inspired.

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There's understandable havoc going on as a French bulldog takes a rather graphic liking to Monty, and a Burmese mountain dog marks his territory on a yoga mat or two. However, as the class goes on, the increasing levels of zen have an effect on both human and hound and the chaos begins to calm.

Dogs + Yoga = DOGA? - MOMA Foods

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Here's everything you must know about dog
yoga classes, what Doga really is and its
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Learn how to sit, stay, and roll over with this fully illustrated, “delightful” guide to yoga starring man’s best friend (Shutterbug magazine). Inspired by a friend’s mastiff who would imitate his master’s morning yoga routine, photographer Dan Borris created Yoga Dogs, a full-color collection of forty-five different dogs and puppies doing human yoga poses. Don’t worry: No animals were harmed during the making of these images; their extreme flexibility is the result of clever

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digital trickery. The curious, humorous, and distinctly original pictures are paired with useful information about the poses, as well as some funny canine meditations. "A fresh and highly entertaining visual treat," Yoga Dogs is perfect for any yogi of the two or four-legged variety (Shutterbug magazine).

An uplifting, lighthearted, and compelling memoir that recounts the author's lifelong spiritual journey. The grief from the passing of his mom is transformed to gratitude, forgiveness, and joy as he moves along the healing path with the help of his dog, Roy.

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Along the way, the author, Daniel Hertz, becomes a devoted meditation practitioner and an award-winning teacher and counselor. A pivotal part of the journey is a nearly monthlong stay at a mountain shrine in India where Hertz meets a swami who eventually arranges his marriage. The story merges lively classroom scenes from his thirty-one years as a teacher and counselor in the Minneapolis Public Schools with his twenty-six-year adventure as a student and faculty member at the Meditation Center in Minneapolis. Looking back over his life, Hertz sees that true healing began when he

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accepted that the one thing in life certain
to happen is change.

This Cute Shih Tzu Journal is the perfect gift for yourself or any Dog and Yoga lover. Other details include: 100+Pages High Quality White Paper Journal lined with space for the Date on each Page. Beautifully Designed Soft Cover with Matte Finish Perfect 6"x9" Inches (15.24 x 22.86 cm.) Make sure to look at our other products for other journal ideas.

This book reflects fun lessons for kids in a style like Aesop's fables. Talking dogs do

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Yoga and have adventures learning how to make friends, take care of books, and stop bullies. They learn how to get along in a diverse community of dogs. Yoga Dog, trained by Great Dane Patanjo, is their leader, but he must learn how to make friends and be a friend.

This Cute Yorkie Journal is the perfect gift for yourself or any Dog and Yoga lover. Other details include: 100+Pages High Quality White Paper Journal lined with space for the Date on each Page. Beautifully Designed Soft Cover with Matte Finish Perfect 6"x9" Inches (

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15.24 x 22.86 cm.) Make sure to look at our
other products for other journal ideas.

Yoga Dogs Deck & Book Set features the delightful animal photography and clever digital craft of Dan Borris. The set includes 44 cards and a full color 96-page guidebook that explains the yoga poses and their benefits, with step-by-step instructions for practicing each yoga pose. Yoga Dogs includes some pups that are playful and others that are pensive, yet each one shares a message of yoga wisdom to guide you through these fun yoga challenges. This warm and fuzzy deck may

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inspire you to sit, stretch and roll over!
Cat lovers check out Yoga Cats Deck & Book
Set. Alison DeNicola is a yoga teacher,
energy healer and author of Mudras For
Awakening the Energy Body and Mudras for
Awakening the Five Elements. Dan Borris, the
creative mind behind Yoga Dogs and Yoga Cats,
has worked as a photographer in the
advertising and music industries, including
Sony and Atlantic Records. His photographs
have appeared in Vanity Fair, Rolling Stone,
Smiths

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Craving yoga's benefits but unable to perform even the simplest postures? Think yoga is only for rubber-limbed supermodels? If your yoga practice is giving you more stress than stress relief, Cool Yoga Tricks is the answer to your prayers. Although it seems like everyone from Madonna to your eighty-three-year-old Uncle Teddy is practicing yoga, most of us are unable to do even the simplest classic yoga poses without undue stress and strain. Now in this clear, understandable, easy-to-follow book, Miriam Austin offers alternative yoga routines that help you reap

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the greatest rewards from your yoga practice, and she reveals shortcuts to help you perform yoga like a pro. Using everyday items, such as chairs, walls, and blankets, Miriam Austin shows how those of us with normal flexibility limitations can experience the very real benefits of yoga—without dislocating our joints, overstretching our muscles, or giving up in frustration. She makes the basics simple, doable, and down-to-earth. Dog Tricks—lengthen your spine more fully with these Downward Facing Dog tricks, designed to relax your neck, shoulders, and back—and make your Dog Pose much more lovable. Befriending

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Backbends—increase your prezebtibility with a little help from your friends—and from some garden-variety folding chairs. Tweaking Your Twists—learn the techniques that will stretch your spine and give you more life energy. Super Stretches—feel as limber as your average bowling ball? Gently coax your muscles to new lengths by practicing the routines in this chapter.

Welcome to the world of Doga, where your best friend can help you get more from your yoga sessions. Involving your dog in yoga sessions can help you develop your yoga practice, as

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well as being an entertaining and fun way to bond with your pet. Doga provides a mindful connection with your dog as you mimic your pet's breathing patterns and have to stay controlled throughout the pose to ensure your pet's comfort. As an activity it de-stresses your dog and creates a wonderful sharing and nurturing experience. Classic yoga postures such as the Warrior Lunge and the Downward-Facing Dog are adapted so that your pet can participate. Full-color photographs alongside practical step-by-step guides show clearly how to do each of the poses in this fun and unique take on yoga. Mahny Djahanguiri is a

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certified yoga teacher. Since 1999 she's been teaching and leading international Ashtanga Vinyasa and kids' yoga workshops in London and Switzerland. Over the last three years Mahny has developed and taught Doga to enthusiastic classes in the UK and to her clients, who include TV celebrities and famous musicians.

This fully-illustrated New York Times bestseller categorizes an astonishing 2,100 yoga poses through photographs and descriptions for optimal benefit including adaptations for all levels of expertise and

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ages. A thoughtful, inspiring, meticulously-crafted guide to the practice of yoga, 2,100 Asanas will explore hundreds of familiar poses along with modified versions designed to bring more healthful options to yogis of all experience and ability. Organized into eight sections for the major types of poses -- standing, seated, core, quadruped, inversions, prone, supine and backbends -- and each section gently progresses from easy to more challenging. Each pose is accompanied by the name of the pose in English and Sanskrit, the Drishti point (eye gaze), the chakras affected and primary benefits.

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