



## Doga: Yoga For Dogs

By Jennifer Brilliant, William Berloni

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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.

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### **Editorial Review**

#### **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.

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