

Doga - Yoga for Dogs and their People

Nowadays, everyone has a busy schedule and is searching for methods to unwind. Our dogs are aware of our emotional state and have no clue what's going on when we are stressed, which makes them stressed too.

One popular way to relax is by practicing Yoga, a well-known method many people have used to improve their health and flexibility and reduce stress.

And it's not just humans who can reap the benefits of this ancient discipline - our furry friends can too!

That's right, Yoga for dogs - or "Doga" - is a thing, and it's gaining popularity among dog owners. Doga is a form of Yoga that involves stretching, massage, and relaxation exercises for both humans and dogs. The bond between human and dog is strengthened through Doga, as it allows us to focus on our breath and our connection with our furry friend.

Dogs need a method to de-stress and connect with their inner puppy that is safe and effective, and Doga provides this. These Yoga classes for dogs and their owners are held worldwide at animal shelters and Yoga studios. By attending these Doga classes with their dogs, dog owners hope to create a sense of calmness for themselves and their dogs.

Like regular 'people' Yoga, Doga has no size or age limitations. The theory is that if the dog owner is calm, the dog will pick up on that and be peaceful. Therefore, dogs of all sizes and ages can benefit from Doga, and it does not matter whether your dog is as big as a Great Dane or as small as a Chihuahua. They will be able to reap the same benefits as you.

Doga is also perfect for senior dogs that suffer from arthritis as the slow movements and careful manipulation of their joints can help improve their overall movement and feeling of wellbeing.

Doga is based on the concept of energy, with focused dog owners sharing their healthy vitality with their dogs during a session together. It also has the added benefit of creating a stronger bond between dog and owner.

During a Doga class, dog owners help their dogs into certain beneficial poses while doing their own poses. Almost every pose has physical contact between the dog and its owner. Doga classes usually include dog owners giving dogs a doggy massage to help calm and unwind their canine companion.

A New York City-based Doga Instructor, Kari Harendorf, states on her website that:

“Doga is all about bonding with your pet and giving the dog 45 minutes of undivided attention and praise from their favorite person in the world. The dogs do sun salutations and you’ll learn specific massage techniques to calm your dog and aid both circulation and digestion processes. And don’t worry: You’ll also get a workout, using your dog to assist you in traditional and modified poses.”

Harendorf started doing Doga with her rescued dog, Charlie, just over six years ago. “Every time I would get my mat out, Charlie would come lay on top of it,” she explained. “I would go into [downward facing] dog and he would just lie under me and look up at me. He put his paw on my hand, and we started doing Yoga together.”

Harendorf and Charlie teach Doga classes together at the Bideawee Animal Shelter in New York City, where Harendorf tries to create a very tranquil ambiance by using candles and incense as calming music. She explains the need for Doga by saying: “Jobs are disappearing. Mortgage payments are looming. Change is everywhere, but your dog remains steadfast. So, why not spend time together?”

Doga is said to reduce stress hormones like cortisol and blood pressure, according to Harendorf.

“People always ask me, ‘Do dogs need Yoga?’ ” she said. “I say, ‘No, you need Yoga. But your dog needs your attention, and bonding with your pet is good for your health.’ “

Doing Yoga with your best furry friend has many benefits! Not only will you be able to spend time with your dog, giving him your undivided attention - which strengthens your bond - but Doga will also help you reduce stress and rediscover your inner child and puppy!

Doga classes are also a fantastic socialization tool for dogs since they may meet other dog owners and their pets. If you're looking for a place to learn Doga, contact your local Yoga school to see if they offer it. You may also purchase a Doga DVD or book and practice at home with your favorite companion if they don't provide one.