

ASH, THE ZEN DOG COLLECTION • VOLUME 2

Doga

yoga with your dog



16 step-by-step poses • 64 illustrated steps • for every dog

Ash, the Zen Dog

Welcome to the mat

Ten minutes a day, a mat, your dog and you. This book guides you step by step, from your very first shared breath to the moment your dog falls asleep against you.

1

Read the safety rules

Chapters 00 and 03 show you how to adapt each pose to your dog.

2

Follow the illustrations

Each pose has its own 4-step illustration. Look, then do: 5 to 15 minutes is enough.

3

Keep the rhythm

The 21-day plan, the tick-off calendar and the journal help you build the ritual.

Every illustration features Ash, a young blue Staffordshire Bull Terrier. The advice, however, is for every dog, from a Chihuahua to a Great Dane.

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This book does not replace the advice of a veterinarian or the guidance of a dog trainer. Doga has not been scientifically studied in dogs and is not a treatment. The author cannot be held responsible for misuse of the exercises presented. If you have any doubt about your dog's health, consult a professional.

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Safety first

In this book, you are the one doing the yoga poses. Your dog joins in their own way: lying next to you, enjoying a massage, walking under a bridge, answering a simple cue. We never bend a dog into a position and never hold them on the mat.

The 7 golden rules

1. **Ask your vet** before you start, especially for a puppy, a senior or overweight dog, a dog recovering from surgery, or one with joint or breathing problems.
2. **Puppies: no jumping and no weight on the hind legs until they have finished growing.** Growth plates close around 6 to 8 months in toy breeds, and can stay open until 18 to 24 months in large and giant breeds. Your vet can tell you where your dog is at.
3. **Never force anything.** Your dog can leave the mat whenever they want.
4. **No session right before or right after a meal.** In large, deep-chested dogs, activity around mealtimes is one of the risk factors for gastric dilatation-volvulus (bloat), a life-threatening emergency. Wait at least an hour.
5. **Short-nosed dogs** (bulldog, pug, shih tzu...): short sessions, a cool room, and stop as soon as breathing becomes noisy. These breeds cope poorly with effort and heat.
6. **A non-slip surface** for both of you, and sessions of 5 to 15 minutes.
7. **Stop at the first sign of stress** (chapter 05). Always finish on a pleasant moment.

This book does not replace a vet or a dog trainer. In case of pain, limping or a change in behaviour, consult a professional.

Why this book

Every dog needs to burn off energy, and every dog also needs to learn to settle. We give them walks, toys and training classes. We rarely teach them to calm down next to us.

Doga is a simple answer: ten minutes a day, a mat, your dog and you. You do your yoga. Your dog learns that this moment is calm, predictable and pleasant. No special equipment, no flexibility required, and it works for every size of dog, as long as you adapt. That is what the "Adaptations" boxes under each pose are for.

Who is Ash?

Ash is a young blue Staffordshire Bull Terrier. He appears in every illustration in this book, because these sessions took shape with him. If your dog is smaller, bigger, older or shyer, the "Adaptations" boxes are there for you.

1

SERIES 1

Connection

Settling together, breathing, touching.

01 Shared breathing

02 Heart to heart

03 The ear massage

04 The dog's greeting stretch

You have just read a sample

The full book has **39 pages**: **16 poses** illustrated in **64 steps**, 3 programmes of 5 to 15 minutes and a 21-day plan.

Instant download after purchase.

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