



Desi, eight months, finds some Zen as owner Lois Cooper stretches into a lotus pose. (Courtesy Angie Robert)

Strike a (yoga) pose with your pooch

Is your St. Bernard spiritual? Does your Maltese meditate? Has your English bulldog sought enlightenment? Na-mutt-sta! Contemplative canines and their humans can practice their "downward facing dog" – together – at a Doggie and Me Yoga class, Jan. 31, at The Original Paw Pleasers in North Park.

Offered by Leash Your Fitness, a dog-focused, boot-camp-style fitness/adventure group, dog-a yoga is a workout disguised as fun with your furry friend, according to Dawn Celapino, Leash Your Fitness president.

"Pet owners hate looking at their dog's sad eyes when they leave to go to the gym," Celapino said. "We've designed 'Leash Your Fitness' classes to get in your dog's walk and your workout, and to mentally stimulate your dog and really

Tails of the City Peggy Scott

tire him out."

Celapino, whose workout buddy is her Cairn terrier, Jack, is quick to add that the class isn't just for seasoned yoga practitioners.

"I want to get people who don't like to exercise out and moving with their dogs," Celapino explained. "I have an 80-year-old lady (in class). Even if you've never done yoga, this is a nice introduction."

Doggie and Me Yoga will start at 11:30 a.m. with a half-mile walk to Balboa Park, where participants will do yoga poses, and continue with a return walk to Paw Pleasers for indoor, seated poses. The class concludes with a doggie ice cream social from 12:30 to 1 p.m. in

Paw Pleasers' bakery parlor.

The store's first yoga class in November was supposed to be a one-time event but "it was so popular people wanted it to continue," Celapino said, adding that she's had everything from Chihuahuas to a Great Dane as "students."

Another dog-a-yoga class (starting at 1 p.m.) is set for Feb. 21 at Camp Run-A-Mutt on India Street in Middletown.

"People are surprised at what a great workout they get. And when you're calm, your dog's calm," Celapino said.

Pre-registration is required for the Jan. 31 class. To register, call (619) 822-3296 or stop by The Original Paw Pleasers, 2525 University Ave., in North Park. Cost is \$15 per person/dog duo, which covers the walk, class, ice cream for dogs and to-go goodie bags.