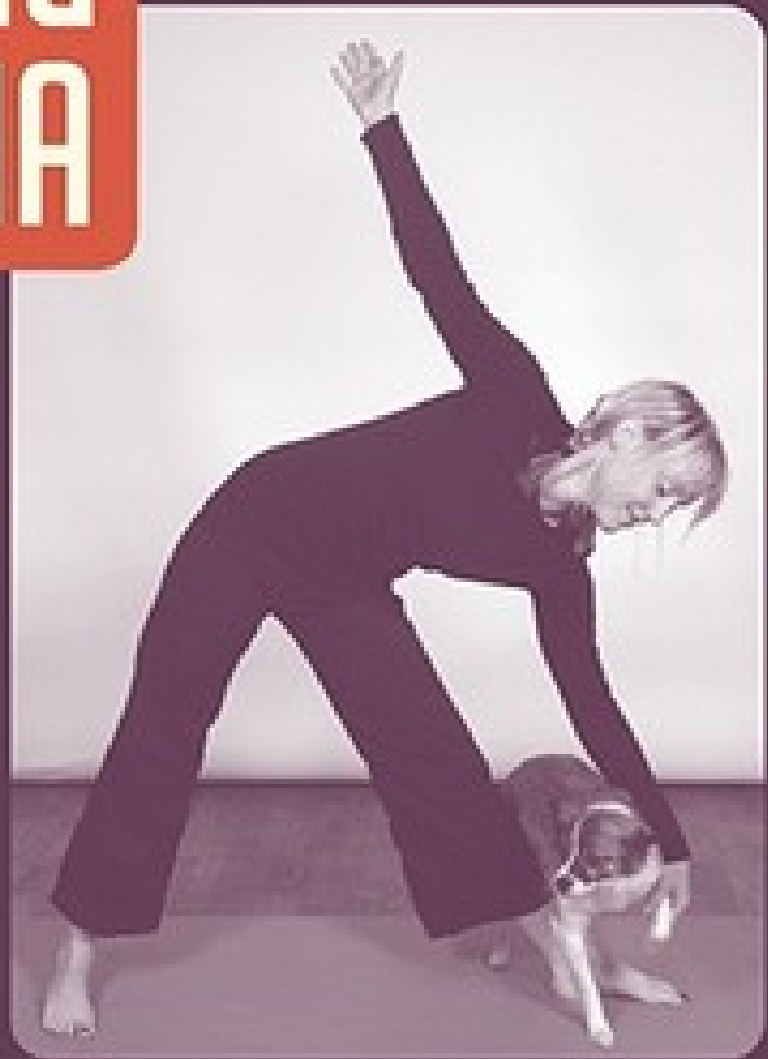


BARKING BUDDHA

SIMPLE SOUL STRETCHES FOR YOGI AND DOGI



BRENDA BRYAN PHOTOGRAPHS BY DEY SPARKS



Barking Buddha: Simple Soul Stretches for Yogi and Dogi

Brenda Bryan

A enjoyable and sensible approach for incorporating your puppy right into a fit yoga perform convey your puppy to yoga? carry yoga on your dog? Barking Buddha: Simple Soul Stretches for Yogi and Dogi both way, Brenda Bryan is taking her Seattle-based "doga" school room at the road, with a sequence of Hatha yoga poses incorporating a Barking Buddha into the mix. Her new publication info directions and tips for working towards yoga together with your dog, in

addition to observations at the many ways canine convey pleasure and concord into our lives. With yoga poses for each intention, from Gratitude and Perspective, to pleasure and Letting Go, Bryan offers her signature approach to connecting with our mats and our canines on the related time. This booklet illustrates that not just is commonplace yoga and meditation a fit practice, yet so is having a dog. supplying uncomplicated practices with room to grow, Barking Buddha is for various degrees of yoga practitioners and puppy fans alike.

Barking Buddha Simple Soul Stretches For Yogi And Dogi

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