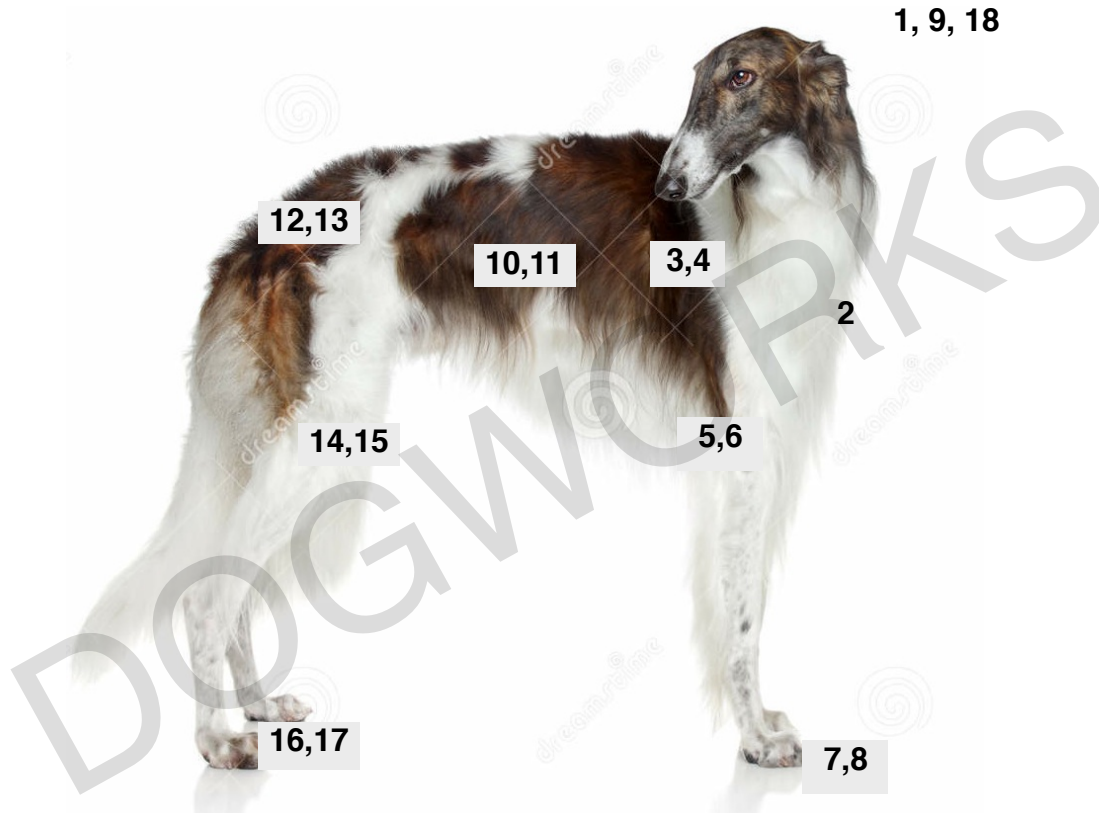


DogWorks Fitness & Rehabilitation

Doggie Yogga



Stand dog on a non-slip mat. Stretches are to be done *slowly* to lengthen the muscles. The end goal is to have the dog perform each stretch without moving her feet, holding each pose for a 3 count. Once this full series of stretches is complete, you will have activated every large muscle group in the body.

Begin (1) with a stretch up above the head...(2) down to the chest...(3,4) to the middle of each shoulder...(5,6) to each elbow...(7,8) down to the front of each paw...(9) up above the head...(10,11) to mid ribcage on each side of the body...(12,13) to each hip...(14,15) each knee...(16,17) down to each paw...(18) final stretch up above the head (w/o jumping).

A Play Bow can be added as a final spinal stretch to complete the poses.

As a diagnostic tool, when a dog is unable to perform one of the stretches there is a strain/sprain which needs to be treated.

Yogga can be used as part of a warm up before training and/or competition.