



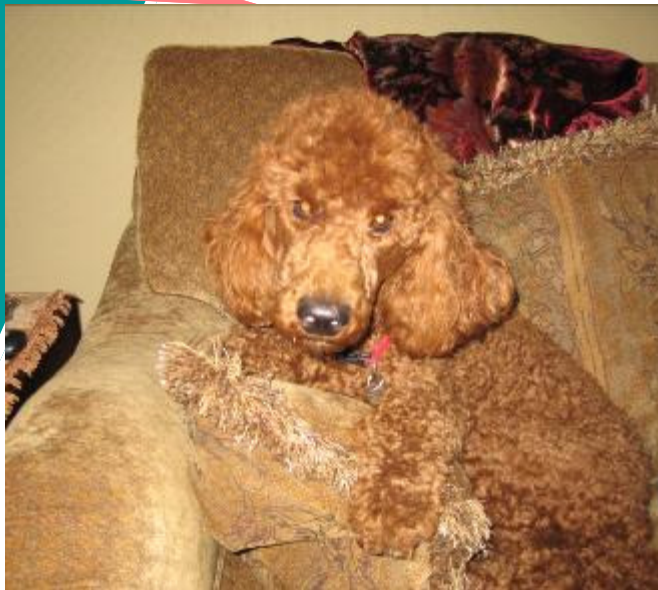
Geralyn and Lucy after a Doga class!

DOGA

**NEW**—Doga Classes at  
Abundance Wellness Center!  
325 John Knox Road, Bldg. T,  
Tallahassee.  
STARTING monthly  
January 24 11:30-12:30 p.m. Fee \$15.

Doga is about you and your dog! Each pose is modified depending on your pet's size and flexibility. This is a gentle practice of massage, light stretches, relaxation and bonding.

**Your dogi host is Lucy, a Red Standard Poodle**



*Start Now—here is a pose you can do at home:*

- Sit down, become aware of your breath.
- Allow your pet to find a comfortable seat on you, or near you.
- Begin to connect to each other, to your dual breathing, to your love for each other.
- Sit for at least 2 minutes. You can rest your hands on your dog, BE and

**Bring your dog with a collar and leash; a mat or towel for each of you to sit on; Treats and water for your pet .**

**All DOGA classes are 1 hour.**

Geralyn Russell, RYT (500) has been practicing yoga for 25 years. She offers Gentle Yoga, Meditation and Doga classes. Her bio is at [www.yogawithyourdog.com](http://www.yogawithyourdog.com). To find out more about Doga or pre-register call Geralyn at 850-878-2843 or email: [andygeri@yahoo.com](mailto:andygeri@yahoo.com).



**Namaste**