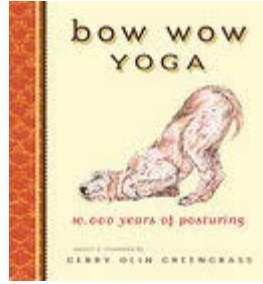


## bow wow yoga

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### bow wow yoga

by Gerry Olin Greengrass

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An essential-and essentially hilarious!-guide to the ancient practice of canine yoga. One afternoon in her backyard, Gerry Olin Greengrass sat gazing at her dog, Cocoa, as he stretched his forepaws out in front of him and leisurely raised his hindquarters to the sky. It was a position she had seen him assume hundreds of times before, but it was only in this moment that it finally dawned upon her: her dog was practicing yoga! Thus began Greengrass's journey to discover the what, why, and how of this heretofore undocumented canine spiritual discipline (in a human language, anyway). The glorious result of all of these patient hours spent observing dogs in deepest communion with their inner beings? *Bow Wow Yoga*-a complete guide to canine yoga for dog and loving master alike.