

Paws & breathe

puppy yoga

ARE YOU READY FOR THE 'PAW-FECT' EXPERIENCE?

PAWS & BREATHE IS THE ULTIMATE BLEND OF YOGA AND PUPPY CUDDLES IN A RELAXED AND STRESS-FREE ENVIRONMENT. YOU'LL ENJOY A GENTLE YOGA FLOW WHILE SURROUNDED BY PLAYFUL PUPPIES, BRINGING AN EXTRA DOSE OF HAPPINESS AND RELAXATION TO YOUR PRACTICE.

PAWS & BREATHE

IS PERFECT FOR ALL

OCCASIONS & CELEBRATIONS

- ANIMAL THERAPY
- BIRTHDAY PARTY
- HEN PARTY
- TEAM BUILDING
- EMPLOYEE WELLNESS
- FIRST DATE CONCEPT



@PAWSANDBREATHEUK

WHY PAWS AND BREATHE?

WHY CHOOSE US? WELL, WE'RE ALL ABOUT STRETCHING, GIGGLING, AND PUPPY CUDDLING GOOD TIMES! OUR PAWSITIVELY AWESOME YOGA INSTRUCTORS WILL GUIDE YOU THROUGH A 20-MINUTE YOGA FLOW THAT'S PERFECT FOR BEGINNERS, THINK FUN, FRIENDLY, AND JUST THE RIGHT AMOUNT OF CHALLENGE.

BUT THE TAIL-WAGGING FUN DOESN'T STOP THERE! AFTER YOUR YOGA SESH, IT'S TIME FOR 30 MINUTES OF PURE PUPPY LOVE, PLAY, SNUGGLE, AND LAUGH AS OUR FUR-TASTIC FRIENDS FILL YOUR HEART WITH JOY AND YOUR DAY WITH POSITIVITY. WE PROMISE A PAW-TY OF LAUGHS, LOVE, AND ENDLESS PUPPY CUDDLES.



BENEFITS:



IT'S AN INSTANT SHOT OF HAPPINESS, WITH PUPPIES SPREADING JOY AND LAUGHTER WHILE BOOSTING THOSE FEEL-GOOD ENDORPHINS. LIFE'S RUFF EDGES ARE SMOOTHED OUT AS YOU INTERACT WITH OUR ADORABLE FOUR-LEGGED FRIENDS, MELTING STRESS AND PROMOTING RELAXATION. BUT WAIT, THERE'S MORE! THIS FURRY THERAPY SESSION IS PERFECT FOR UPLIFTING YOUR MENTAL HEALTH, EASING ANXIETY AND DEPRESSION WITH EVERY PUPPY SNUGGLE. PLUS, IT'S A BRILLIANT WAY TO MAKE NEW FUR-FRIENDS AS YOU BOND OVER SHARED PUPPY LOVE IN OUR INCLUSIVE, FUN-FILLED CLASSES.

WE'RE ALL ABOUT HELPING PUPPIES BECOME SOCIAL BUTTERFLIES, INTRODUCING THEM TO A WORLD OF NEW FACES, PLACES, AND SPACES. IT'S LIKE A PRE-SCHOOL FOR PUPPIES, PREPARING THEM FOR A LIFETIME OF POSITIVE HUMAN INTERACTIONS. AND OH BOY, DO PUPPIES LOVE ADVENTURES! THAT'S WHY OUR CLASSES KEEP THEIR CURIOUS MINDS BUZZING WITH EXCITEMENT AS THEY MEET NEW YOGIS, ENGAGE IN PLAY, AND LEARN TO NAVIGATE DIFFERENT ENVIRONMENTS. IT'S A MENTAL WORKOUT THAT KEEPS THOSE PUPPY BRAINS ACTIVE! BUT WAIT, THERE'S MORE! OUR CLASSES ARE ALSO THE PERFECT ENERGY OUTLET FOR YOUR ENERGETIC FURBALLS. IT'S LIKE A MINI GYMNASIUM WHERE THEY CAN RUN, PLAY, EXPLORE, AND BURN OFF ALL THAT BOUNDLESS ENERGY.

OFFICE WELLNESS



FAMILY FUN

WE BELIEVE THAT HAPPY EMPLOYEES MAKE FOR A THRIVING BUSINESS. OUR EMPLOYEE WELLNESS SESSIONS COMBINE THE POWER OF PUPPY CUDDLES, THERAPEUTIC MUSIC, AND MENTAL RESET TECHNIQUES TO HELP YOU TACKLE THE REST OF YOUR DAY WITH RENEWED ENERGY AND A WAGGING TAIL.

WHERE YOUR LITTLE ONES CAN EXPERIENCE THE MAGIC OF ANIMAL THERAPY, AN AMAZING OPPORTUNITY TO PLAY, SNUGGLE, AND COMMUNICATE WITH OUR ADORABLE FURRY FRIENDS, CREATING UNFORGETTABLE FAMILY MEMORIES TOGETHER.