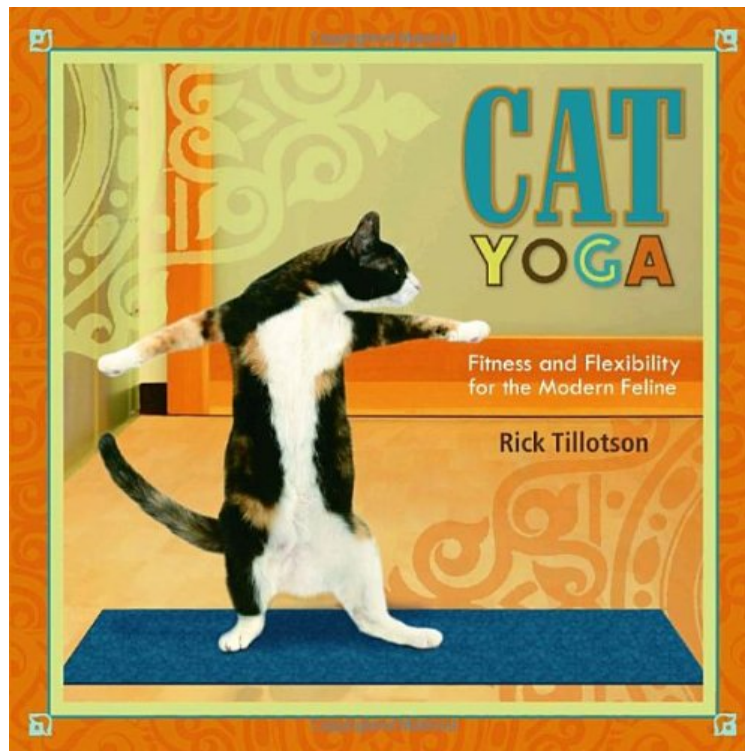


Cat Yoga: Fitness and Flexibility for the Modern Feline

Rick Tillotson

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#1180097 in Books 2007-10-02 2007-10-02 Original language: English PDF # 1 6.60 x .70 x 6.50l, #File Name: 0307352544128 pages | File size: 76.Mb

Rick Tillotson : Cat Yoga: Fitness and Flexibility for the Modern Feline before purchasing it in order to gauge whether or not it would be worth my time, and all praised Cat Yoga: Fitness and Flexibility for the Modern Feline:

2 of 2 people found the following review helpful. Meowie Zowie!!!By BookAce"Yoga? I need Yoga? and who ARE these cats anyway?? -- Meowmie!!!!"* * Bats book around... tries to put nose under it to lift it up * *OK Big Bad Baby Twinkle -- this is MY review.....!Cat Yoga is a WONDERFUL little book of real (but simulated here-- great job -- Photoshop???) Yoga poses, performed by Cats. The (correctly-named) positions mimic (for the most part) the actual poses that would be practiced by us humans, and the very informative descriptions, while being faithful to the actual meaning of each pose -- are also hilariously slanted toward Kitty's needs (such as: "always check with your veterinarian before beginning any exercise program while carrying a litter".... and another, where we view a plump wide-eyed puss precariously perched on one paw for "The Raised Foot Pose....a good posture for cats ...just beginning a yoga ..program to lose unwanted pounds").A variety of good natured kitties have posed for these (altered, and we hope the cats are too

For centuries, people have practiced yoga as a means of improving the body, clearing the mind, and heightening joy. Now your favorite feline can relish the benefits of this ancient discipline with Cat Yoga. Regular practice will help your cat feel more energetic—no more three hour naps in the sun for him! Other benefits include:

- Improved balance
- A sleek waistline
- Mental clarity
- Fuller, more luxurious whiskers

Sixty full-color photographs of cats who have

already unlocked the power of yoga guide your beloved pet on this journey, paving the way to enlightenment through Cat Yoga. * No cats pulled a muscle, felt dizzy, or were harmed in any way in the making of this book. Does Fluffy seem stiff and tense? Help him become the lithe and limber feline he was meant to be with Cat Yoga, a hands-on guide to the ancient practice of yoga . . . for cats.

About the Author RICK TILLOTSON is a software consultant from Pismo Beach, California, with a background in psychology. He has three cats: Huffer, Poe, and Julian. This is his first book.