

(Keep puppies contained and out of sight as much as possible until after seated breath work.)

- “Good morning, everyone! Thank you for joining us at Pawsitive Stretch Yoga!”
- “I’d like to go over a few things before we begin. Today, we have (Rescue Name) with us, and (Rescue Org Representative) is going to say a few things about the rescue and the puppies.”

(Allow someone from the rescue to talk about the puppies, rescue, adoption process, etc. About 2-3 minutes.)

- “Thank you, (Rescue Org Representative). Now, for a few guidelines. I will start with some seated breath work, and then the puppies will be free to run around and play. We encourage you to engage with them using the toys, snuggle them, play with them, but ask that you don’t stand while holding them.”
- “Since we are working with puppies, an accident might occur. If it does, please raise your hand and one of our helpers will take care of it quickly.”
- “We do like to call this ‘fluffy yoga,’ so please listen to your body and don’t put yourself in any position that might hurt you if you have back or knee issues.”
- “And lastly, we are able to continue doing these classes because of word of mouth and social media. So, please take photos and videos. Tag us, Pawsitive Stretch, tag the rescue Rescue Name, and tag Venue Name for hosting us today.”
- Now, find a comfortable seating position and let’s begin.”