



Yoga For Cats

Christienne Wadsworth

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Meowohm . . .

In the tradition of *Why Cats Paint*, this hilarious faux how-to manual demonstrates the benefits of a daily yoga practice for felines. Cats will say good-bye to swinging belly skin and hello to lithe new kitten-like selves with such asanas (or poses) as:

- Cinnashta, or The Cinnamon Bun
- Hookamundra, or The Fish Hook
- Tigrashtadmudra, or The Running Tiger
- Isfallingdownudra, or London Bridge
- Onthebeachunda, or The Seal

With guidance on which poses best stimulate the tail chakra, when to practice (3 A.M. is good, or whenever your owner is sleeping), and where to practice (the best places are the ones where you're not allowed), the book also includes tips on how to use household accessories to aid your practice (Silk Pillows and How to Shred Them).

With irresistible stick-figure drawings, Yoga for Cats is a divinely funny book that all cat lovers will adore.

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William Petterson:

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