



Cat Yoga

What is cat yoga?

- Cat yoga is where people complete yoga exercises while cats wander around a room.
- Health experts say yoga is good for your health.

Illustration: A person doing in a cat yoga session.

Is Cat Yoga the 'Purr-Fect' Activity?

Many people do yoga to improve their **self-esteem** and their fitness. Now, some people are doing it with some furry friends.

Yoga focuses on strength and breathing. Yoga Journal says that 36 million people were doing it in the USA in 2016.

One cat cafe in the UK has cat yoga classes for beginners. Yogis bring their own mat while cute cats wander around the cafe as you stretch. The cafe says that cats can "help you relax".

So why are some people so excited about cat yoga? One reason is that spending time with animals can make you feel calmer.

Patricia Pendry, an associate professor at Washington State University, said that spending 'just 10 minutes' with an animal can help to reduce stress.

Health experts say that yoga could also be good for people. The NHS, which is responsible for healthcare in the UK, says that research shows that 'regular yoga is **beneficial**' for some people. It says yoga could be good for people's "strength,

flexibility and balance".

It's not just cats that are helping humans! Wellbeing dogs can be found in some schools.

Sir Anthony Seldon, an educational expert, said that dogs in schools are 'the quickest and biggest hit' to improve children's mental health.

The Dogs Trust, though, has said that it is 'against introducing a dog in a school environment'. It believes a busy classroom, where there is a lot of noise, could be stressful for a dog.

Glossary

self-esteem	Confidence in your own abilities.
yogis	A person who does yoga.
beneficial	Resulting in something that is good for you.
flexibility	To be able to bend easily.

Questions

1. Find two reasons why people do yoga.

1. _____

2. _____

2. Compare and contrast the arguments for and against wellbeing dogs. Explain your answer.

3. How do you think a vet would feel about this story? Explain your answer.

4. Find a phrase in the third paragraph which shows that the author likes cats.

5. 'Regular yoga is beneficial'. Tick the word that is closest in meaning to regular.

- ☐ rare
- ☐ often
- ☐ every day
- ☐ always

6. Summarise the story in 15 words or fewer.

Answers

1. Find two reasons why people do yoga.

Accept any two from the following: to improve their self-esteem; improve their fitness; improve their flexibility, strength and balance.

2. Compare and contrast the arguments for and against wellbeing dogs? Explain your answer.

Some teachers believe that the dogs can help children with their mental health. Others think that a classroom would be too stressful for a dog.

3. How do you think a vet would feel about this story? Explain your answer.

Accept any reasonable answer that refers to the story, e.g. I think they will feel glad because some cats have been adopted after a cat yoga session.

4. Find a phrase in the third paragraph which shows that the author likes cats.
cute cats

5. 'Regular yoga is beneficial'. Tick the word that is closest in meaning to regular.

- ☐ rare
☒ **often**
☐ every day
☐ always

6. Summarise the story in 15 words or fewer.

Accept any reasonable summary that is 15 words or fewer, e.g. Cat yoga is where people complete stretching exercises while cats walk around the room.