

# Happy Tails Yoga

*A Cause for Paws*

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## *Patrick the Dog + You = Perfect Together*

*3rd Annual Yoga Event Seeks Teachers*

**Rockaway, New Jersey – April 10, 2011** – If you live in New Jersey, you know the tale of Patrick; the cruelly starved and discarded dog rescued on St. Patrick's Day who each day defies the odds by getting stronger and gaining weight on his skeletal 20 pound frame.

As any animal owner and lover knows, the care of Patrick and many other abandoned and neglected animals in the Garden State does not come cheap. It is through agencies like the New Jersey Society for the Prevention of Cruelty to Animals ([www.njspca.org](http://www.njspca.org)) that these animals have a chance at all.

Happy Tails Yoga: A Cause for Paws ([www.happytailsyoga.org](http://www.happytailsyoga.org)) was established in 2008 to raise money to assist the NJSPCA in helping to save animals like Patrick, but they can't do it alone. For the third year in a row, Happy Tails Yoga is hosting their annual statewide yoga event and is looking for facilities and instructors to donate their space and time.

Making a difference to animals couldn't be easier. During the month of May studios donate their space and yoga teachers donate their time by teaching classes. Attendees donate money to take these classes and Happy Tails Yoga turns over 100% of the proceeds to the NJSPCA.

Happy Tails Yoga was established in 2008 by Energy in Motion ([www.einmotion.com](http://www.einmotion.com)) and Rockaway, NJ resident Tiffany Twardowsky as a way to combine two of her passions: yoga and animals. "Yoga is the country's fastest growing exercise. There's so much good energy and so many good people in this community. Nobody was combining the good of yoga for the good of animals as a way to raise funds," stated Twardowsky. "So I thought of leveraging the yoga community to help do something good for animals in need. Especially after hearing the horrible stories of animals like Patrick."

Studios and yoga teachers who would like to donate their time can register on the Happy Tails Yoga website (<http://www.happytailsyoga.org/teachers.htm>) or contact Tiffany directly at [info@einmotion.com](mailto:info@einmotion.com). The deadline to register is April 31, 2011.

Happy Tails Yoga has raised almost \$5,000 in its endeavor to give every animal the respectful life it deserves. Won't you do Patrick proud and volunteer your time today?

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