



Contact: Brian Wierima, GCHS Community Relations Coordinator

Phone: 239-332-0364 ext. 319

Email: communityrelations@gulfcoasthumanesociety.org

Website: www.gulfcoasthumanesociety.org

**For Immediate Release (Four photos: David Anderson, Soni Anderson, Kitty Yoga 1, Kitty Yoga 2)

Yoga is one of the best ways to find relaxation through stretching exercises and breathing techniques, but at Gulf Coast Humane Society, there will be another way to reach the point of Nirvana – cats.

In conjunction with SoniYoga out of Fort Myers, GCHS will host yoga classes in which its shelter kitty cats will be involved, called *Meow-Maste*.

“This fun yoga class will be done in a room with lots of beautiful, lovable, huggable cats and kittens,” said SoniYoga teacher/co-owner David Anderson. “We will do basic poses, including balance poses, at a measured pace and with time to snuggle. The cats, all from the shelter, will be roaming around the room, visiting with whomever and take time for a little grooming (of themselves and perhaps you).

“This is a whole new take on distraction, concentration and letting go.”

If you love cats, this is the class for you and it’s guaranteed to have you purring.

The class will be led by David, along with Soni Anderson, who are the owners of SoniYoga (www.SoniYoga.com) in downtown Fort Myers. They have been teaching yoga for over 10 years and are in love with GCHS and all its furry residents.

Meow-maste will be held at Gulf Coast Humane Society’s Administration facility, located at 2010 Arcadia Street, just off of MLK Drive in Fort Myers, Monday, Jan. 30, beginning at 6 p.m.

Class size is limited to the first 15 people who sign up. The cost is \$15 per person, 100-percent of which goes to GCHS. Please register online by clicking here:

<https://clients.mindbodyonline.com/classic/ws?studioid=124381&stype=-7&sTG=27&sVT=24&sView=day&sLoc=0&date=01/30/17>

After class there will be an opportunity to see the GCHS facility and spend some more quality time with the cats.

About Gulf Coast Humane Society:

Gulf Coast Humane Society is a regional organization dedicated to helping companion pets find their forever homes, no matter how long it takes. GCHS provides an adoption center, spay-neuter and veterinary clinic, as well as education and awareness to the public about the welfare of homeless pets.

GCHS' mission is to care for companion pets in need by offering safe refuge, providing medical care and facilitating adoptions. GCHS promotes the concept the "Adopt, Don't Shop" and help educate the community about proper and responsible animal care, while providing quality, affordable veterinary care.

GCHS Veterinary Clinic: 2685 Swamp Cabbage Court, Fort Myers, 33901; Phone: 239-332-2719

GCHS Spay/Neuter Clinic: 2010 Arcadia Street, Fort Myers, 33916; Phone: 239-332-1573

GCHS Adoption Center: 2010 Arcadia Street, Fort Myers, 33916; Phone: 239-332-0364



