



Puppy Yoga

LONDON

Puppy Yoga London



Puppy Therapy London

TAKE A PAWS



ABOUT

US

?



We are Puppy Yoga & Puppy Therapy London!

As specialists in puppy therapy, we introduce a delightful experience to your workplace. Our expert team brings a beautiful litter of puppies in need of socialising to your office, sets up a secure and puppy-friendly space, and invites your staff to indulge in cuddles and belly rubs. Beyond the joyous atmosphere, our mission extends to fostering a movement that enhances the lives of both people and pups. All this, while ensuring you have the most extraordinary experience possible.

Navigating the challenges of contemporary professional life can be demanding. The weight of stress and anxiety has the potential to impede even the most dynamic workforce. What's our unconventional solution? Enter the world of Puppy Yoga London, aimed at enhancing mental well-being within the corporate environment.

Scientifically validated research supports the positive impact of animal interaction on mental health. Our curated sessions of puppy therapy and puppy yoga promise to rejuvenate and invigorate your team, leaving them revitalised and ready for the tasks ahead.

MAKE

YOUR

OFFICE

PAWSOME



87%

of employees report
IMPROVED MENTAL HEALTH
and workplace satisfaction when
dogs are present

Source (Dogster)

94%

of employees say
having pets in the
office improves
the overall
atmosphere and
increases job
satisfaction

Source (DeskBird)



ARE

YOU

READY

For the best day at work?



40%

of dog-friendly offices report an increase in workplace productivity due to the calming influence of pets

Source (Four Paws)

86%

of employees say that dogs in the workplace help reduce stress levels

Source (Banfield Pet Hospital)



PUPPY YOGA

OPTIONS



Two wellness activities, Yoga and Puppy Therapy

We start the yoga class off with a gentle yoga practice to get everyone warmed up and enjoy the therapeutic benefits of yoga.

After a health and safety briefing the puppies will make an appearance for some puppy cuddles and playtime.

We recommend class sizes no more than 18 people so everyone can get enough quality time with the puppies and they do not become overwhelmed.

Option 1

1.5 hour session 40-minute Yoga Session followed by a puppy playtime session for the remaining time. (40 minutes)

Option 2:

**2 x 1-hour puppy yoga sessions: 25 minutes of Yoga followed by Puppy Playtime (25 minutes)
Suitable for 2 x classes of up to 18 people.**

Continued...



PUPPY YOGA

ROOM REQUIREMENTS



80 Square Meters to accommodate up 18 people ✓

Secure empty room ✓

Non-Carpeted Floor (unless covered) ✓

Accessible Kitchen or Bathroom For Water Access ✓

Temperature Control Room ✓

Flat surface, i.e no mini stairs that the puppies can jump from. ✓



PUPPY THERAPY

OPTIONS



Option 1: Puppy Therapy (4 x 30 Minutes) 10 people in each session (exclusive of a 5-minute turnaround time after each session)

Option 2: Puppy Therapy (10 x 20 minutes) sessions with 8 people in each session (exclusive of a 5-minute turnaround time after each session and 30-minute quiet time for the puppies)

We would create an enclosed white picket fence environment with blankets, pillows and puppy toys and your attendees could book 20-minute slots on our booking system throughout the day where they can visit the puppies for some much-needed time away from their desks.

This option is great if you find your attendees have several meetings throughout the day and only have a limited amount of free time as well as much more quality time with the puppies.

Continued...

PUPPY THERAPY

ROOM REQUIREMENTS

- ✓ 18 Square meters
- ✓ Accessible bathroom or kitchen for fresh water access
- ✓ The floor can be carpeted (Artificial grass will protect any flooring underneath)
- ✓ Secluded and as quiet as possible
- ✓ Temperature control Room



What Happens

On The Day?

Before the event, we conduct a comprehensive risk assessment of your venue to guarantee an ideal and puppy-friendly environment. In the lead-up to the day, we may send over booking links etc, and everything needed to generate excitement throughout the office.

Home

After the end of the last session, it's time for the puppies to be picked up and head home to Mum. Our staff will transport the puppies in our puppy travel cases to their owners who will be waiting outside.

03

Rest Time

For any sessions more than 120 minutes, we have a minimum of 30 minutes of quiet time so the puppies have enough sleep, food and rest time during the day. Puppies are also free to sleep as much as they want during the session

04

Arrival

01

We will arrive 1 hour prior to the first session. The puppies will arrive 30 minutes before the first session so they have some quiet time to adjust to their new environment.

02

Health & Safety

Staff will go over all health and safety rules that are in place to protect the puppies.





PRACTICES & APPROACH

Our classes prioritise a joyful experience for both participants and our adorable four-legged companions. We go the extra mile by having Puppy first aiders and offering puppy socialisation courses, ensuring continuous learning and safety. Our skilled instructors create a safe and enjoyable space for both humans and pups.

Distinguishing our approach, we implement safety demonstrations, mandate rules for puppy protection, and consider breed-specific needs. We prioritise puppy sleep with structured sessions, provide ample water, manage feeding times, control temperatures, and use Parvo-Virucide for studio hygiene. Sanitisation measures include hand sanitising, shoe removal to prevent disease spread, and washing toys at 90°C daily.

Every class features Puppy First aiders and Canine first Aid Trained staff, emphasising our commitment to animal welfare and safe, enjoyable sessions.



HEALTH & SAFETY

Puppies joining our socialisation sessions must be at least 8 weeks old, with the first vaccination and deworming completed. As some may not have the second vaccination before leaving for new homes, we prioritise thorough studio sanitisation. All toys, blankets, and puppy beds are washed at 90°C after each session to ensure cleanliness.

To maintain a hygienic environment, participants are required to remove their shoes, reducing the risk of diseases and parasites. This practice also safeguards against toxocarasis, an infection caused by worms present in the faeces of dogs, cats, and foxes. Additionally, we use Parvo-Virucide, a vet-approved disinfectant, to sanitise yoga mats, ensuring a germ-free environment validated by The Central Vet Laboratory.



PUPPY SOCIALISATION

At Puppy Yoga London, we collaborate with local breeders to give our puppies an optimal start in life, fostering safe and enjoyable environments for socialisation and development. Puppy socialisation is crucial, shaping their early experiences and becoming integral to their growing personalities.

Our sessions benefit puppies by easing separation anxiety, facilitating interactions with new people and environments. Additionally, these sessions aid the mother in gradually detaching from the pups before they embark on their forever homes. The brief time apart aids natural weaning, fostering puppy independence and confidence while allowing the mother much-needed rest.

Following each socialisation session, the puppies return home to their mother, gradually gaining confidence with each passing week. Their stay with us is a brief yet impactful period, preparing them to embark on their new lives as more confident and well-adjusted dogs in their forever homes.

OUR PRICING

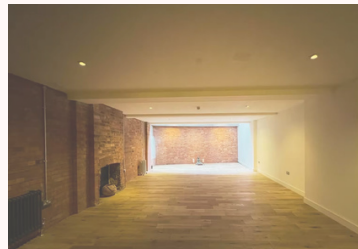
- ✔ **Puppy Yoga (40 Minute Yoga Class) and (Puppy Playtime) (45 mins) £1,250 Plus VAT (18 People)**
- ✔ **Puppy Yoga x2 sessions (25 minute yoga class) and (Puppy Playtime 30 minutes) £1,350 Plus VAT (up to 18 people per session)**
- ✔ **Puppy Therapy 4 x 30 minutes £1,350 Plus VAT (Up to 40 people)**
- ✔ **Puppy Therapy 10 x 20 minute 4.5 Hours £1,599 Plus VAT (up tp 80 people)**



Serenity Studio London

If you are not able to host puppies in your workplace our studio is included in all corporate packages.

- ✔ **Location:** Lower Ground floor, 42 Hoxton Square, N1 6PB
- ✔ **Facilities:** Lounge Area, Bathroom, Changing Room, Kitchenette, Filtered Water, Tea & Coffee
- ✔ **Transport links:** 6 Minute walk from Old street station, Pay and Display around Hoxton Sq



ARE

YOU

READY



TO BOOK

To confirm an event date with us along we require a £150 non-refundable deposit, please send us an email to:
info@puppy-yoga.co.uk

We are happy to tailor our events to work best for your business, so if you have any questions/queries regarding the logistics of the day please do get in touch.

Some of our
previous
corporate
PAW-TNERS

