



## **Operation Kindness Announces the Return of Kitten Yoga Relax and Stretch with the Help of Four-Legged, Furry Friends**

DALLAS, Texas (Aug. 7, 2019) – Operation Kindness, the original and largest no kill animal shelter in North Texas, is thrilled to announce the return of one of their most beloved events – Kitten Yoga. Back by popular demand, this year Operation Kindness is expanding the fan-favorite event by holding two separate 45-minute classes Sunday, Aug. 11.

Designed as a fun opportunity to learn about the Operation Kindness foster program, Kitten Yoga helps participants relieve stress while making some new furry friends. The event is open for individuals with any level of yoga experience. Operation Kindness, in partnership with CorePower Yoga and Flea Style, encourages residents in Dallas-Fort Worth to come out and practice their cat poses alongside the real deal for only \$35 per person. One hundred percent of ticket proceeds will go directly to Operation Kindness.

Following the classes, Operation Kindness has taken relaxation one step further by providing a shopping experience that will let you stay “Zen.” Local vendors will be featured and offer the opportunity to purchase vintage, handmade and one-of-a-kind wares.

“We wanted to make this an exceptional experience for everyone who attends the classes,” said Natalie Buxton, director of communications for Operation Kindness. “By showcasing local businesses and providing an opportunity to try something different, we really hope that people enjoy it and maybe consider fostering some furry friends or becoming a forever home for one of our kittens.”

While bringing an added level of community and cuteness into the mix, yoga also provides a level of physical benefits that add to the health and wellness of the body. The goal of the classes is to relax both the mind and body, and create an encouraging environment for individuals who practice yoga and for those that don't. The list of benefits that yoga provides is endless, but the practice is known to include increased flexibility, muscle strength, cardio and circulatory health, protection from injury and, most importantly, relaxation and stress relief.



*Kitten Yoga returns and encourages an environment full of relaxation and stress relief.*

Kitten Yoga will be held Sunday, Aug. 11, at Flea Style, located at 3009 Commerce St. in Dallas. Both afternoon classes are sold out. All proceeds directly benefit Operation Kindness and their mission to care for homeless cats and dogs until they are adopted into responsible homes. Since 1976, the organization has advocated for humane values and behavior and has saved more than 105,000 homeless animals, providing them an opportunity to experience a great quality of life.

To learn more about Operation Kindness, please visit <https://operationkindness.org>.

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### **About Operation Kindness**

Founded in 1976, Operation Kindness is the original and largest no-kill animal shelter in North Texas. Its mission is to care for homeless cats and dogs in a no-kill environment until each is adopted into a responsible

home. As an advocate for humane values and behaviors, Operation Kindness has been able to save more than 105,000 animals since its inception. The shelter assists more than 5,000 cats and dogs each year, caring for an average of 400 animals daily. To learn more about Operation Kindness, please visit their website at <https://www.operationkindness.org/>.

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