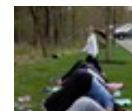


Schedule a Happy Tails Yoga class to benefit the NJSPCA (Photos)

ANIMAL ADVOCACY | MAY 28, 2013 | BY: SUSAN STOKES |

7 photos

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Happy Tails Yoga is a fundraising event to benefit the New Jersey Society for the Prevention of Cruelty to Animals ([NJSPCA \(http://www.examiner.com/topic/njspca\)](http://www.examiner.com/topic/njspca)). Now in its fifth year, Happy Tails Yoga kicks off each May with yoga classes that take place over the course of the year throughout New Jersey. The 2013 schedule is in progress, and yoga teachers across the state are invited to participate.

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“For the fifth year in a row, Happy Tails Yoga: A Cause for Paws is hosting their annual statewide yoga event,” said Tiffany Marinelli, founder of Happy Tails Yoga. “This year, your help is needed even more. Hurricane Sandy not only devastated our New Jersey homes, but forced many families to become separated from, or forced to give up, their pets as they struggled to find places to live. Shelters became

packed and are working hard every day to find forever homes for the animals in need.”

As noted on the [website \(http://www.happytailsyoga.org/\)](http://www.happytailsyoga.org/), Happy Tails Yoga offers donation-only based classes throughout New Jersey with all proceeds supporting the NJSPCA. Yoga teachers and studios donate their time, talent and location while attendees donate money for taking the class.



http://cdn2-b.examiner.com/sites/default/files/styles/large_lightbox/hash/cf/7c/13697689077082_Sammy.jpg?itok=0wdJYs8

Pictured is Sammy, an abandoned and malnourished Cocker Spaniel found in a plastic garbage bag. He is now thriving in his new home.

Photo credit: Red Bank Veterinary Hospital

“I chose the NJSPCA because they help so many abandoned and neglected animals in New Jersey,” said Marinelli. “This year, one of the miracle survivors is a dog named Sammy. Sammy was an abandoned and malnourished Cocker Spaniel found in a plastic garbage bag. He experienced years of neglect and was close to death when he was found. After weeks of receiving great veterinarian care and a lot of love and support from people all over the world, he survived and is thriving. He now has a new forever home and is well taken care of. That is just one of the many animals saved by the NJSPCA.”

Although the majority of the classes are held during the Happy Tails Yoga month of May, classes do take place throughout the year.

Teachers are asked to design classes for all levels; therefore everyone is welcome to attend. Donations can be made in any amount either at a Happy Tails Yoga class or on the [NJSPCA \(http://www.njspca.org/\)](http://www.njspca.org/) website.

“In 2012 the event raised over \$500 for the NJSPCA,” said Marinelli. “We hope to raise even more money this year.”

If you are a yoga teacher and wish to participate, please complete the [registration form here \(http://www.happytailsyoga.org/registration_form.htm\)](http://www.happytailsyoga.org/registration_form.htm). You can teach as many Happy Tails Yoga classes as you wish. There is space on the form for two classes. Enter additional classes in the "comments" section of the form. After the class has taken place, fill out the [completion form \(http://www.happytailsyoga.org/hty-compform-20090204.pdf\)](http://www.happytailsyoga.org/hty-compform-20090204.pdf) and send it to the [NJSPCA \(http://www.njspca.org/contact-spcanjspca.htm\)](http://www.njspca.org/contact-spcanjspca.htm) with all donations.

Whether you are a yoga teacher or student, you can view the current class schedule [here \(http://www.happytailsyoga.org/class_schedule.htm\)](http://www.happytailsyoga.org/class_schedule.htm). Please check back often for updates.

[Tiffany Marinelli \(http://www.einmotion.com/about.htm\)](http://www.einmotion.com/about.htm) is president of Energy In Motion LLC, a company that provides convenient and affordable workplace group exercise classes and wellness seminars, allowing busy people to take a proactive approach to health, fitness and stress management.

Marinelli has been in the health and wellness industry for over twenty years designing exercise programs, conducting wellness seminars and health promotion programs, and teaching group exercise classes. Visit [www.einmotion.com \(http://www.einmotion.com/\)](http://www.einmotion.com/) for more details.

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Susan Stokes, New Jersey Animal Rescue Examiner

Susan Stokes built her career in the publishing and trade show industries. She is a volunteer for SAVE, A Friend to Homeless Animals. At home she is guardian to two cats born of a feral mother. You can read her blog at www.GeminiUniversal.com/blog and write to her at info@GeminiUniversal.com.