

Has the world gone barking mad? This is why puppy yoga is taking over social media

By **bethread**



Puppy yoga is a great way to socialise puppies before they are adopted by potential owners (Kampus Production / Pexels)

Puppy yoga is a trend that has taken off across the country, with most major cities in the UK offering the experience. It is a big hit on social media too with #puppyyoga garnering 153.1m views on TikTok and 61.5k posts on Instagram.

As cute as these pups might look on your feed, there are also some serious physical and mental health benefits to puppy yoga that not only help the participants, but also the animals too. In fact, the [Mental Health Foundation](#) have stated that the companionship of a pet can help to ease anxiety and boost self confidence.

If you want to learn more about this furry fad then click the video below to watch a session in action at Puppy Lover Yoga studio in Derby.