



Twin Cities Pet Rescue kitten yoga at Forgotten Star Brewing

On Feb. 25, Twin Cities Pet Rescue held a kitten yoga event at Forgotten Star Brewing. Kitten yoga events benefit the people who attend as well as the cats in numerous ways. Having cats go to kitten yoga helps them socialize and possibly even find their forever home.

“My favorite part is seeing how impressed people are with how outgoing the kittens are, and I feel like a big part is that a lot of people think cats are really reclusive,” Volunteer Paighton Holtzleicer said.

People benefit from kitten yoga in different ways, but everyone absolutely gets benefits from it. Some people go to kitten yoga more to participate in yoga, while some people go mainly for the kitten contact.

Volunteer Anna Capeder explained how everyone is looking for something different to get out of kitten yoga, and how some people are looking for feline contact while others are looking to adopt cats.

Kitten yoga events with Twin Cities Pet Rescue are recurring events, and if you missed this one, there will always be another one coming up soon. If the location of the kitten yoga is not ideal for you, you can always wait for the next yoga session, as it will most likely be at a different place.

“We don’t have any kitten yoga right now, but we should have another one soon at Forgotten Star. We also have our golf tournament, Par for Paws, in June, and we’ve got a couple different outdoor street fairs in May,” Katie Rodrique, Twin Cities Pet Rescue executive director, explained.



Spending time with kittens can improve mental health and boost serotonin.

"I think it can definitely improve mental health just by having a calming cat to pet and their companionship," Rodrique said.

#Kitten #Yoga



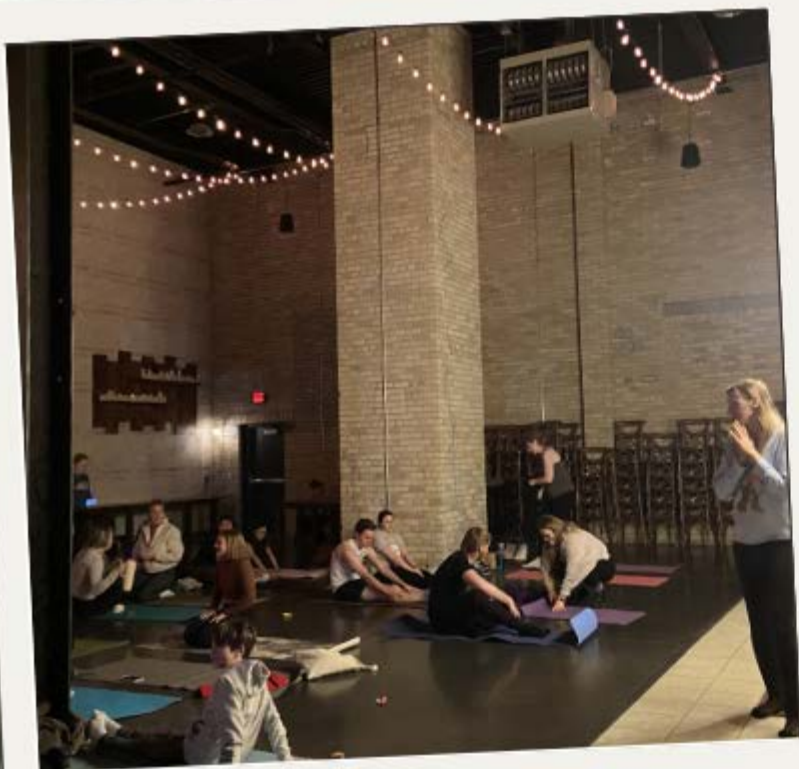
Twin Cities Pet Rescue has many ways to help out, not just by fostering cats.

You can also volunteer in various ways.

Capeder explained how she has been working with TCPR for just over a year and does many volunteer roles, including fostering kittens.



#Rescue #Volunteer



Twin Cities Pet Rescue is a local organization that opened in 2010. There are many great things about the rescue and how they help our community.

Holtzleicher explained how her favorite thing about the rescue is that they make all of their decisions "in the best interest of our animals and our community."

#Relaxing #Meditate