

# Happy Tails Yoga

*A Cause for Paws*

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## *Tails Wag as Happy Tails Yoga Raises over \$3900 for NJSPCA*

**Rockaway, New Jersey – April 28, 2009** – Animals are often the unseen face of an economic crisis. When families are forced to cut costs, pets are often a sad casualty. As a result, animal shelters throughout the state are seeing an increase in their services, but not an increase in donations.

Rockaway resident and *Energy in Motion LLC* (<http://www.einmotion.com>) president Tiffany Twardowsky decided to help the states unwanted animals and formed *Happy Tails Yoga: A Cause for Paws* (<http://www.happytailsyoga.org>). Twardowsky's energy and commitment is what enabled Happy Tails Yoga to donate over \$3900.00 to its beneficiary New Jersey Society for the Prevention of Cruelty to Animals ([NJSPCA](http://www.njspca.org)).

“Yoga is about enhancing your health and well-being and the NJSPCA provides for the health and well-being of too many abandoned animals in New Jersey. The marriage of yoga and animals was a natural fit,” states Twardowsky. “For our first attempt, I never expected to raise this much. I'm proud of what we accomplished and grateful to everyone who contributed on many different levels!”

Happy Tails Yoga asked New Jersey yoga instructors and studios to donate their time, talent and location to hold donation-only yoga classes during the months of February and March. In conjunction with Twardowsky, Dina Smodlaka of Colonia, NJ and Carly Porrello of South Plainfield, NJ held many classes in their local area and assisted with the success of the program. Over 180 animal lovers attended one of the 21 locations holding Happy Tails Yoga classes.

“On behalf of the NJSPCA, I would like to thank Tiffany and everyone involved with Happy Tails Yoga for their time, donation, and compassion. This was simply one of the best efforts on behalf of the animals that the NJSPCA has seen,” stated Rick Yocum, president of the NJSPCA.

### **About the NJSPCA**

The New Jersey Society for the Prevention of Cruelty to Animals was created in 1868 and is the second oldest SPCA in the country. Its agents were established as Law Enforcement Officers in charge of investigating and prosecuting all persons involved in animal abuse and neglect.

Their mission today is the same. Through the tireless efforts of highly trained and professional law enforcement personnel, they are making a difference...one animal at a time.

In addition, they are committed to educating the public on responsible pet ownership. The NJSPCA is funded solely by donations, grants, bequests and fines levied. It receives no government funding or tax dollars.

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