



Puppy Yoga & Puppy Therapy London

Private Bookings

Our Public and Private sessions are held
at **42 Hoxton Square, London,
N1 6PB** on Saturdays and
Sundays only



PUPPY YOGA (Weekends)

OPTION



Our Puppy Yoga private sessions are fixed at £630 from 1 up to a maximum of 18 people.

Any numbers over 18 up to 22 will be required to pay an additional £35 per person.

This session includes 25 minutes of gentle, beginner-friendly yoga led by our fantastic instructor, followed by 35 minutes of pure joy: puppy playtime! After a short health and safety briefing, we create a cosy play circle with flower cushions and toys for the 6-8 pups to join you.

This experience benefits both puppies and attendees. The puppies will gain valuable socialisation skills, reducing separation anxiety in their new homes. Attendees enjoy a wellness break, relieving everyday work and life stresses. After each session, the puppies have a 30-40 minutes quiet time, gradually becoming more confident away from their mother. This socialisation period, lasting a few weeks, prepares them for their new, more confident lives in their forever homes.

Puppy Yoga session times 10:00, 11:15, 12:30, 14:00 OR 15:15

Alternatively you can join our public class at £35 per person up to 9 people maximum.

Tickets are released every Thursday only for the following weekend only i.e tickets for 9th/ 10th

May will be released on Thursday 30th April

Continued...

PUPPY YOGA

BOOKING REQUIREMENTS



Time of Booking? 10am, 11.15am, 12.30pm, 2pm & 3:15pm

MAX 18 PEOPLE- Number of People?

Number of Children and Their Ages? (Maximum 12 Children)

Any Injuries / Disabilities or Movement limitations?

Is anyone pregnant?

IMPORTANT INFORMATION

Please note the minimum age we can accommodate in a session is 6 years old, for every two children we require one adult participating in the session also.

PUPPY THERAPY (Weekends)

OPTION



Our Indoor Private Puppy Garden is £360. From 1 to a maximum of 12 people allows you 40 minutes for a Puppy Therapy experience.

During a Puppy Therapy session, you will experience the dopamine benefits of puppy cuddles in a tranquil, white picket fence setting adorned with cozy blankets, pillows, and playful puppy toys. It's an escape from the hustle of life, and we're dedicated to harnessing the mental health benefits that animals offer to alleviate stress and anxiety.

Our classes foster puppy socialisation in varied environments, reducing separation anxiety when they find new homes. Puppies return to their mother daily, gaining confidence leaving her for longer each week. This brief socialisation period enhances their readiness for new homes, ensuring they start their new lives as more self-assured dogs.

Puppy Therapy session times 10:35, 11:25, 12:15, 13:30, 14:20 OR 15:10

Alternatively you can join our public class at £29.99 per person up to 6 people maximum.

Tickets are released every Thursday only for the following weekend only i.e tickets for 9th / 10th May

will be released on Thursday 30th April

Continued...

PUPPY THERAPY

BOOKING REQUIREMENTS

- Time of Booking? 10.35, 11.25am, 12.15pm, 1.30pm, 2.20pm or 3:10pm
- Number of People? (Max 12 people)
- Number of Children and Their Ages? (Max 9 Children)
- Any Injuries / Disabilities or Movement limitations? Is anyone pregnant?

Important Information

Please note the minimum age we can accommodate in a session is 6 years old, for every three children we do require one adult participating in the session also.





CUSTOM EVENTS

Experience tailor-made puppy yoga events, including unique occasions like puppy proposals, set against the charming backdrop. Our bespoke packages offer a blend of serene yoga sessions and heartwarming puppy interactions, perfect for unforgettable moments like wedding proposals etc. Customise your event with options like location preferences and additional yoga features.

Prices for these personalised experiences start at £1,450 plus VAT, ensuring that your special occasion is as unique and memorable as you envision. Embrace the joy of puppy yoga while creating cherished memories that will last a lifetime.

HOME EVENTS

Home events are priced at £1,350 plus VAT for 1.5 hour booking with the puppies. This includes transportation, puppy therapy equipment, and two trained Puppy First Aid staff members. Please note, the minimum age for participants is 6 years old. Bookings outside London incur an additional £100 fee, limited to locations within 2.5 hours from our studio. While we aim to announce puppy breeds beforehand, last-minute changes may occur. Due to this, we cannot guarantee a specific breed.

For bookings, provide your full event address, start time, and photos/videos for assessment.

Alternatively, join our studio classes: Puppy Yoga (£625, up to 18 people) or Puppy Therapy (£360, up to 12 people). Public class tickets are released via our website weekly on Thursdays.



INFORMATION ABOUT OUR STUDIO/ BREEDS



Our studio is a beautifully styled, calm space designed to feel warm, welcoming, and special for your event.

We add banners to the room to suit celebrations such as birthdays, hen parties, and anniversaries, creating a cosy and memorable atmosphere for you and your guests.

We have a toilet and a small changing room on site, which guests are welcome to use before, during or after the session. The space is thoughtfully laid out to ensure comfort, safety, and an enjoyable experience for both our guests and the puppies.

Please click [here](#) to view further information that is not listed here

Puppy Breeds

We aim to share the puppy breeds in advance wherever possible. However, due to the nature of our business and ongoing welfare checks, we're unable to confirm a specific breed until approximately one week before your session. If you have a preferred breed, we're more than happy to note this on your booking, but please note that breed requests cannot be guaranteed.

Our Studio

Serenity Studio London

- Location:** Lower Ground floor, 42 Hoxton Square, N1 6PB (Can be wheelchair accessible from Ground floor. (Puppy Therapy Bookings)
- Facilities:** Bathroom, Changing Room, Kitchenette, Filtered Water
- Transport links:** 6 Minute walk from Old street station, Parking Pay and Display around Hoxton Square (Free on Sundays)





TO BOOK

To confirm your booking please reply to this email including all the information requested from the “Booking Requirements” page

We are happy to tailor our events to work best for your time with us, so if you have any questions/queries please check our [FAQs](#)

We require a £150 non-refundable deposit to secure all private bookings. The remaining balance is required 7 days prior to your booking

ARE

YOU

READY

