

# Cat Yoga Brings Muscovites Closer to Zen

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Now that January is over and the New Year's resolutions have worn off, it's harder than ever to find the motivation to stay active. Luckily, an anti-cafe in central Moscow has come up with a way to tackle the problem. As everyone knows, maintaining a healthy lifestyle is easier when you have a partner — and there's no better partner than a dozen or so cats. Muscovites can attend yoga classes as its resident cats lounge, stretch and find their own zen nearby. Here's a look at one of these classes in action:



Kitty nirvana. **Andrei Nikerichev / Moskva News Agency**

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