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Babies, Dogs, and Yoga

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Dogs, Babies, and Yoga

Lisa Cooke, Thompson Rivers University, Canada

Dogs, Babies, and Yoga. I love all three. I also love my work as an academic and cultural anthropologist. Any given day my day-timer reads something like: “prepare lecture. Yoga. Teach. Walk dog. Pick up kid.” Listed as completely separate tasks, strung together to make up the rhythm of my life. Sometimes, when I’m not careful, they even compete with each other.

The thing is, all four—dogs, babies, yoga, and academic—are inextricable threads of my practice of being. Each presents lessons that inform the others. All are about flexibility and surrender, breathing through discomfort, finding our edges, and being vulnerable. By way of dogs, babies, yoga, and academia, I invite participants to join in a conversation about the role of this vulnerability in our embodied practices of being as scholars, parents, teachers, lovers, partners, and people trying to make our way in the world.