

Cat Yoga Puns (2026): 170+ Purr-fect Jokes, One Yoga Pose at a Time

171 original puns, ready to copy

Cats are the original yoga masters. They stretch on waking, nap with total commitment and never skip a rest day. This page turns that into 170+ cat yoga puns, laid out as pose cards. Each card takes one real yoga pose, from cat-cow to Savasana, and gives it a set of feline jokes. It is perfect for cat yoga classes, cat café captions and anyone who has tried a downward dog with a cat underneath.

Quick summary

Cat yoga puns mix cat wordplay with yoga terms, like purr-fect pose, meow-ditation and namaste in bed. This page has 170+ original cat yoga puns organised as pose cards, from cat-cow and child's pose to Savasana, plus real answers about cat yoga classes, the cat-cow pose name and catchy, original yoga and cat phrases.

- 170+ original cat yoga puns and cat yoga jokes.
- Organised as pose cards: cat-cow, downward dog, cobra, Savasana and more.
- Real pose names in Sanskrit, like Marjaryasana for cat pose.
- Includes caption ideas for cat yoga classes and cat cafés.
- Updated 2026-10-25, clean and cute for all ages.

*Read the full guide with search, filters and FAQs: <https://homespunsecret.com/cat-yoga-puns>
Last updated 2026-10-25. Free for personal and classroom use. Please link back if you share.*

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Pose Card 1: Cat-Cow (Marjaryasana and Bitilasana)

Cat-cow pairs two poses. In cat, Marjaryasana, you round your back. In cow, Bitilasana, you dip it. The name comes from Sanskrit, where marjara means cat. Cats invented this one, obviously.

1. Cat-cow is the only yoga pose where cats demand royalties.
2. Why did the cat love cat-cow? It was the purr-fect warm-up.
3. My cat watched me do cat-cow and looked offended by my form.
4. What did the cat say to the cow in yoga class? "You're doing it moo-ch better than last week."
5. Round your back like a sleepy kitten, then look up like a curious one.
6. In cat-cow, the cat part comes naturally. The cow part comes with snacks.
7. Marjaryasana means cat pose. My cat calls it "Tuesday."
8. Why was the cat great at cat-cow? It had plenty of back-ground experience.
9. My cat does cat pose all day. I do it for thirty seconds and need a lie-down.
10. What do you call a cat that teaches cat-cow? A furr-st class instructor.
11. Arch, purr, dip, repeat. Cat-cow is a cuddle for your spine.

Pose Card 2: Downward-Facing Dog, Cat Edition

Downward-facing dog lifts your hips into an upside-down V. Cats think the name is a mistake and refer to it as downward cat.

12. Every time I do downward dog, my cat walks under me like it's a toll bridge.
13. Why did the cat refuse to do downward dog? It wanted a paws-itive name change.
14. Downward dog is a pose. Downward cat is a lifestyle, usually ending in a nap.
15. My cat finds my downward dog the best moment to sit on my mat.
16. What do cats call downward dog? Downward meow.
17. I held downward dog for a full minute. My cat held my spot on the sofa for an hour.
18. A kitten under your downward dog is the sweetest kind of tunnel.
19. Why are cats better at downward dog? They've had nine lives to practise.
20. My yoga teacher said, "Find your balance." My cat found my ankles.
21. Cats do downward dog purely to annoy dogs.

Pose Card 3: Child's Pose (Balasana)

Child's pose is a resting fold, knees bent and forehead down. Cats call it the loaf, and they are world champions.

22. Child's pose is just a cat loaf with better marketing.
23. Why did the cat love child's pose? It was a purr-fect place to curl up.
24. My cat sits in child's pose on my keyboard. Very restful for her. Very stressful for my emails.
25. A kitten in child's pose looks like a fluffy dinner roll.
26. What's a cat's favourite resting pose? The meow-loaf.
27. I went into child's pose and my cat climbed on my back. Now I'm a cat shelf.
28. In child's pose, you breathe deep. In cat loaf, you breathe and judge.
29. Why did the cat stay in child's pose so long? It was feline relaxed.

30. My cat holds child's pose for six hours. I hold it until my knees file a complaint.
31. Fold in, tuck your paws, breathe out. Child's pose is cat-approved.

Pose Card 4: Cobra Pose (Bhujangasana)

Cobra pose lifts your chest while your hips stay on the mat. Cats do it every time they wake up and see a bird outside.

32. My cat does cobra pose every time I open the treat cupboard.
33. Why did the cat try cobra pose? It wanted to look snake-tacular.
34. Cobra pose is a yawn that went to yoga school.
35. I did cobra pose and my cat headbutted my chin. Ten out of ten adjustment.
36. Chest up, whiskers forward, eyes on the bird feeder.
37. What do you call a cat in cobra pose? A purr-thon.
38. My cat's cobra pose comes with a yawn, a squeak and a look of total superiority.
39. Why was the cat so good at cobra? It had great spine-tenance.
40. My cobra pose is stiff. My cat's cobra is fluid. My cat is also nine.
41. In cobra, you open your heart. In cat cobra, you also open your mouth for breakfast.

Pose Card 5: Tree Pose and Balance Poses

Tree pose, Vrikshasana, means balancing on one foot. Cats balance on fences, shelves and the top of the fridge with zero effort.

42. My cat can balance on a fence post. I can't balance on one foot without holding the cat.
43. Why are cats great at tree pose? They've been climbing trees for practice.
44. Tree pose is how humans pretend to be the cat on the bookshelf.
45. I tried tree pose and my cat tried to climb me.
46. Steady paws, still tail, calm face. A cat is a natural tree.
47. What did the cat say after tree pose? "That was branch-tastic."
48. My cat finished balance practice and knocked a glass off the table. Victory lap.
49. Why did the cat wobble in tree pose? It was barking up the wrong yoga class.
50. In tree pose, I sway like a sapling. My cat stands like an oak.
51. Cats prove that balance is mostly confidence and a long tail.

Pose Card 6: Sun Salutation (Surya Namaskar)

A Sun Salutation is a flowing sequence that greets the morning. Cats greet the sun by lying in it.

52. My cat does Sun Salutations by lying in the sunniest spot until it moves.
53. Why do cats love Sun Salutations? They're fans of the purr-ning sun.
54. For a cat, a Sun Salutation means moving two feet to follow the light.
55. I did twelve Sun Salutations. My cat did one long sun nap.
56. Golden morning light, a warm mat and a cat purring in the middle.
57. What's a cat's favourite time for yoga? The meow-rning.
58. My cat salutes the sun by turning her back on it and sleeping.

- 59. Why did the cat get up early for yoga? It wanted to catch some rays.
- 60. The best Sun Salutation in our house is the cat stretching on the windowsill.
- 61. Cats follow the sun around the house like a slow, furry sundial.
- 62. A cat in a sunbeam is the warmest welcome to the day.

Pose Card 7: Pigeon Pose and Happy Baby

Pigeon pose stretches the hips, and happy baby has you on your back holding your feet. Cats have opinions about both, especially the pigeon.

- 63. My cat heard we were doing pigeon pose and sat by the window, ready.
- 64. Why did the cat get excited about pigeon pose? It thought lunch was coming.
- 65. Happy baby pose is what cats do when they want a belly rub and also a trap.
- 66. I did happy baby. My cat did happy baby. Only one of us bit the instructor.
- 67. A cat rolling on its back with paws in the air is happy baby at its finest.
- 68. What's a cat's favourite bird pose? The pigeon, from a safe distance.
- 69. Never trust a cat in happy baby. That belly is a test.
- 70. Why did the cat skip pigeon pose? It didn't want to ruffle any feathers.
- 71. My pigeon pose looks more like a confused flamingo. My cat looks away politely.

Pose Card 8: Meditation and Breathing

Yoga breathing and meditation calm the mind. Cats add a soundtrack: the purr.

- 72. A purr is just a cat doing breathing exercises out loud.
- 73. What do cats do in meditation class? Meow-ditation.
- 74. I closed my eyes to meditate. When I opened them, my cat was staring an inch from my face.
- 75. Breathe in calm, breathe out fur.
- 76. Why are cats so good at mindfulness? They live in the purr-sent moment.
- 77. My meditation lasted three breaths, then the cat started kneading my leg.
- 78. Om is good. Purr is better.
- 79. My cat breathes in for four counts, out for four counts, then demands breakfast for four hours.
- 80. What did the yoga teacher say to the purring cat? "You've got great vibes."
- 81. My cat says meditation is just napping with your eyes open, and she's against it.
- 82. Sitting quietly with a purring cat on your lap counts as meditation.

Pose Card 9: Savasana (Corpse Pose, the Nap)

Savasana is the final rest of a yoga class, lying flat and still. It is the pose cats have been practising for thousands of years.

- 83. Savasana is the only part of yoga my cat attends.
- 84. Why did the cat love Savasana? It was the best cat-nap of the day.
- 85. Savasana is a five-minute rest for humans and a fourteen-hour shift for cats.
- 86. My cat joined my Savasana and refused to leave. Class ended an hour ago.
- 87. A sleeping kitten on a yoga mat is Savasana in its purest form.

88. What do cats call the final pose? The paws-ana.
89. I fell asleep in Savasana. My cat gave me a proud look.
90. Why are cats yoga experts? They've mastered the art of the long rest.
91. Every yoga class ends with Savasana. Every cat day starts with it too.
92. The secret to a perfect Savasana is to stop thinking, which cats did long ago.

Pose Card 10: Warrior Poses (Virabhadrasana)

Warrior poses are strong, wide stances with arms out. Cats have a warrior pose too. It happens at 3 a.m. against your feet.

93. My cat's warrior pose involves attacking my toes under the duvet.
94. Why did the cat ace warrior pose? It was a born fur-ocious fighter.
95. Warrior pose is about strength and focus. Cats bring both to a laser pointer.
96. I held Warrior II with pride. My cat ambushed my back foot.
97. Tiny kitten, big warrior energy.
98. What's a cat's favourite warrior pose? Warrior Purr-I.
99. My warrior pose wobbles. My cat's warrior pose wins every time against the curtains.
100. Cats skip Warrior I and II and go straight to Warrior Midnight.
101. In warrior pose, I gaze over my front hand. My cat gazes at the bird on the fence.

Pose Card 11: Mountain Pose and Seated Poses

Mountain pose, Tadasana, is standing tall and still. Seated poses like easy pose are for calm sitting. Cats sit perfectly upright for hours, usually in a box.

102. Mountain pose is standing very still. Cats call it watching the fridge.
103. Why are cats great at seated yoga? They sit in boxes for practice.
104. My cat sits in perfect posture on the windowsill. I slouch on the sofa beside her and feel judged.
105. A cat sitting tall with its tail wrapped round its paws is the sweetest seated pose.
106. What did the cat say in mountain pose? "I'm on top of the world, or at least the bookcase."
107. In lotus pose, my legs lock up. My cat curls into a donut and calls it lotus.
108. Cats sit like statues and stretch like elastic. That's the whole yoga syllabus.
109. My cat's easy pose is my laptop keyboard.

Pose Card 12: Twists and Bridge Pose

Twists wring out the spine, and bridge pose lifts the hips from the floor. Cats twist in mid-air and use your bridge as a doorway.

110. Every time I do bridge pose, my cat treats it as a tunnel.
111. Why are cats good at spinal twists? They're always turning heads.
112. Cats twist in mid-air to land on their feet. My twists end with me landing on the cat toy.
113. My cat watched my seated twist and did a full 180 to lick her back. Show-off.
114. A kitten rolling and twisting on a mat is yoga with extra giggles.
115. What do you call a cat on a yoga bridge? The troll toll collector.

116. I held bridge pose for ten breaths. My cat crossed it for ten treats.
117. Twists are said to refresh the body. Cats do them before every nap, just in case.

Bonus Card: Cat Yoga Mat Etiquette

Every cat yoga session follows the same unwritten rules. The cat makes them, and you follow them.

118. Rule one: the cat gets the mat. You get the floor.
119. Rule two: if the cat sits on your back, the pose is now permanent.
120. Rule three: a yoga mat is a scratching post that hasn't been told yet.
121. Rule four: no class may begin until the cat has inspected every water bottle.
122. Rule five: always bring your paws-itive attitude.
123. Rule six: if the cat is asleep on your mat, class is cancelled.
124. Rule seven: every stretch must be shared with whoever has whiskers.
125. Rule eight: the cat will knead your mat into a perfect bed. Do not argue.
126. Rule nine: the cat is always right, especially when it's wrong.
127. Rule ten: any loose yoga strap is now a toy, and it belongs to the cat.

Bonus Card: Cat Yoga Knock-Knock Jokes

Knock-knock jokes for the end of a kids' class or a cat café queue. Each one has a cat or yoga twist.

128. Knock, knock. Who's there? Whisker. Whisker who? Whisker me away to yoga class, please.
129. Knock, knock. Who's there? Lotus. Lotus who? Lotus in, the kittens are waiting.
130. Knock, knock. Who's there? Tabby. Tabby who? Tabby honest, I only came for Savasana.
131. Knock, knock. Who's there? Mattie. Mattie who? Mattie-rial for a nap, says the cat.
132. Knock, knock. Who's there? Kitty. Kitty who? Kitty-cat pose is next, get ready.
133. Knock, knock. Who's there? Stretch. Stretch who? Stretch your arms, the cat already did.
134. Knock, knock. Who's there? Purr-cy. Purr-cy who? Purr-cy-ver-e and you'll touch your toes.
135. Knock, knock. Who's there? Yogi. Yogi who? Yogi-ng to let me in, or is the cat in charge?

Bonus Card: Cat Yoga Class Puns

Real cat yoga classes often run in cat cafés or with an animal shelter, where adoptable cats roam the room while people do yoga. These puns are for the classes and the cats.

136. At cat yoga, the cats come and go as they please. Like all great teachers.
137. Why are cat yoga classes so popular? People love a purr-sonal trainer.
138. Cat yoga is the only class where nobody minds if the teacher walks across your mat.
139. I went to cat yoga to relax. I spent the hour trying to get a kitten to like me.
140. Downward dog with a shelter kitten peeking under you is pure joy.
141. What do you call a cat yoga teacher? A purr-fessional.
142. At cat yoga, my best pose was "person quietly holding still so the cat stays."
143. Why did the cat café start yoga classes? To give the cats some extra paws-itive energy.
144. The cat chose me at cat yoga. I am now going to adopt a cat. That was the plan all along.
145. Cat yoga: half stretching, half falling in love with a shelter cat.

146. Every cat yoga class ends with someone saying, "Can I take this one home?"
147. Why did the shelter cat smile at yoga? It had found its fur-ever stretch buddy.
148. I paid for a yoga class and got a cat sitting on my head. Best money spent.

Bonus Card: Kitten Yoga Puns for Kids

Short, sweet and silly. These kitten puns suit kids' yoga, school wellness days and cat-loving families.

149. What does a kitten say after yoga? "I feel paw-some."
150. Why did the kitten bring a mat to school? It wanted to stretch its mind.
151. What is a kitten's favourite yoga move? The mini meow-stretch.
152. Why did the kitten wear leggings? It wanted to look fur-ocious in class.
153. What do kittens drink after yoga? Milk with a sprinkle of calm.
154. What do you call a kitten that balances on one paw? A purr-fect wobbler.
155. Why was the kitten so relaxed? It did yoga with its whiskers.
156. How do kittens end yoga? With a tiny "na-meow-ste."
157. What is a kitten's favourite part of yoga class? The blanket at the end.

Bonus Card: Cat Yoga Captions and Slogans

Short, original lines for photos, mugs, class flyers and cat café walls. For a cuter visual twist, see our cute pun drawings.

158. Caption: My cat and I are working on our flexibility. Mostly hers.
159. Caption: Namaste in bed with the cat.
160. Slogan: Stretch, purr, repeat.
161. Caption: My yoga instructor has four legs and a strict nap schedule.
162. Mug: Powered by coffee and cat-cow.
163. Caption: Calm mind, warm lap, soft purr.
164. Slogan: Find your inner feline.
165. Caption: I came for yoga. I stayed for the kittens.
166. Slogan: Every mat is a cat bed waiting to happen.
167. Caption: Whiskers relaxed, shoulders down, tail up.
168. Flyer: Cat yoga, where the teachers nap and the students smile.
169. Caption: Feeling paws-itively zen today.
170. Caption: Day 30 of yoga. The cat still does it better.
171. Caption: One mat, two yogis, one of them furry.

Frequently asked questions

What are some funny cat puns?

Funny cat puns swap cat words into everyday phrases. Try "purr-fect," "paws-itive" and "feline fine." On this page, "Child's pose is just a cat loaf with better marketing" is a favourite. Cat puns work because cats are so expressive that the joke paints a picture right away.

What is cat yoga?

Cat yoga is a yoga class where cats roam the room while people practise. Classes often happen at cat cafés or with an animal shelter, and some help adoptable cats meet new families. It is also a playful name for doing yoga at home while your own cat climbs, naps and supervises.

Is cat-cow pose named after cats?

Yes. The cat part of cat-cow is Marjaryasana, from the Sanskrit word marjara, meaning cat. You round your back like a stretching cat. The cow part is Bitilasana, where you dip your back. Many yoga teachers pair the two into one gentle warm-up for the spine.

What are some catchy yoga phrases?

Catchy yoga phrases are short and calm. Try original lines like "Stretch, purr, repeat" or "Calm mind, warm lap, soft purr." For a classic word, many classes close with namaste. For graceful movement humor beyond the mat, try our dance and theater puns.

What are some good cat phrases?

Good cat phrases include "feline fine," "purr-fect day," "cat nap" and "paws for thought." Common idioms like "the cat's whiskers" and "cat got your tongue" also work. Mix one with a yoga word, like "paws for breath," and you have a caption that suits both cat lovers and yoga fans.

What is a good cat slogan?

A good cat slogan is short and playful. Try "Stretch, purr, repeat" or "Find your inner feline." For a cat yoga studio, "Every mat is a cat bed waiting to happen" adds humor. Keep slogans to five words or fewer so they fit on mugs and flyers.

What is a corny cat joke?

A corny cat joke leans into an obvious pun. Try "What do cats call the final pose? The paws-ana." Or "How do kittens end yoga? With a tiny na-meow-ste." They are meant to make people groan and smile at the same time, which makes them great for kids.

What are some funny yoga sayings?

Funny yoga sayings tease the practice gently. Try "Savasana is the only part of yoga my cat attends" or "Om is good. Purr is better." Another is "I came for yoga. I stayed for the kittens." They suit class newsletters, social posts and teacher thank-you cards.

What is a good cat yoga quote for a caption?

For a caption, try an original line like "My yoga instructor has four legs and a strict nap schedule" or "Namaste in bed with the cat." We avoid putting words in famous people's mouths, so these are our own. Short and warm captions work best with a cat and mat photo.

Are these cat yoga puns kid friendly?

Yes. Every cat yoga pun here is clean and kid friendly. The kitten section is written for young children, with short jokes that work in kids' yoga, wellness days and classrooms. Teachers can read one pun before each pose to keep children smiling and moving.