



CATIO SPACES®
 Designing Spaces for Safe, Healthy & Happy Cats

FOR INFORMATION/High-Res Photos:
 Cynthia Chomos (206) 919-0107
info@CatioSpaces.com
catiospaces.com (see Newsroom tab)

MEDIA ADVISORY: (5/17/16) “Catnap Catio” one of 11 on Saturday’s Catio Tour

“Art of the Catnap” to be showcased on May 21 during “Catio Tour Seattle”

First it was cats. Then, in ancient Egypt, the Pharaohs figured it out: *catnaps can be beneficial for humans.*

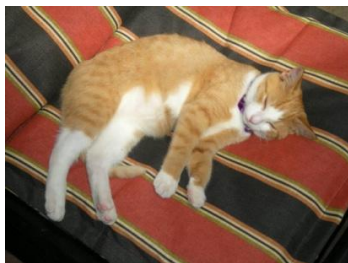
On **Saturday, May 21**, registrants for the 2nd annual “Catio Tour Seattle” can see a “**Catnap Catio**,” the latest creation by Cynthia Chomos, founder-designer of Catio Spaces® (safe outdoor enclosures for cats).



The just-completed structure for Serena, her adopted tabby, measures 13’x7’x10’ and is equipped with a gabled roof, a comfortable 6-foot daybed with pillows and throw blankets, a spiral cat staircase leading to an upper catwalk shelf, cat-safe plants and more. The Catnap Catio (which doubles as Cynthia’s garden retreat) is accessible via a hidden 30-foot “catwalk” along the fence from the house.

Catio Tour Seattle
Date.....Saturday, May 21
Time noon – 4 p.m.
Catio Tour: Seattle area.
 11 homes from Bothell to West Seattle.
Catnap Catio: 7418 32nd Ave NW, Ballard
Tour map with other addresses and more information will be provided to all registered participants prior to the event.
Cost \$10 donation suggested
[Pre-registration](#) **Required**
Sponsors: PAWS, Catio Spaces, and The Humane Society of the United States.
Goal: Educate the community on the benefits of catios for feline enrichment and safety that also protect birds and wildlife.

The idea behind “The Art of the Catnap” is simple, says Chomos, who designs and builds custom catios around Puget Sound and offers Do-It-Yourself (DIY) plans in various sizes and styles for those who like to construct a catio themselves.



“Felines can teach us about the lost art of leisure and the health benefits of napping,” she suggests, drawing on independent research and her own years of experience as a passionate cat owner. “It’s important to unplug from the ‘electronic leash’ of technology,” she adds, citing studies by the National Sleep Foundation and other health experts who say even a 10-minute nap can relieve stress, restore energy and alertness, and increase productivity in today’s fast-paced, sleep-deprived society.

Chomos, a licensed contractor and certified feng shui and color consultant, is an associate member of the Master Builders Association of King and Snohomish Counties. She works with a crew of licensed and bonded carpenters for her custom installations, including several that are included on Saturday’s catio tour. Her DIY catio plans sell for \$49.95 with \$5 per plan donated to an animal welfare organization.



Serena has good company with famous nappers including Gene Autry, Napoleon Bonaparte, Winston Churchill, Leonardo DaVinci, Thomas Edison, John F. Kennedy, John D. Rockefeller and Eleanor Roosevelt.