

Dog Training is mechanical, motivational, spiritual (or relational) and should be FUN. Most of us learn the mechanical skills of training a puppy, integrating them into our lifestyle by reading books, Internet, learning about basic behavior, watching DVDS and attending positive training classes.

Puppies begin learning when they are born: elimination, eating, rolling over, sitting, lying down, eventually standing up ... *and* how to do this and don't do that to stay in Mom's good graces. Mechanical skills teach the pup the cues (hand/voice) of when, where and for how long to do what we want like SIT. Housetraining and Socialization are integral parts of this experience. Motivational skill is the discovery of what motivates our dogs to do what we want with life rewards. Relationship is the glue that binds a good owner/dog team together for life. It is the human-dog connection and a level of understanding that oftentimes happens without words ... it is a knowing between dog and human. It's taking the mechanics of training to the awareness of living and working with a different culture / species through education and relationship.

Well Being for dogs is just as important as it is for humans. Dogs need a balance of quality time, healthy nutrition, grooming and exercise for their emotional and physical well being. They need time for dog-appropriate play or dog sports (agility, Frisbee, retrieving) and the natural instincts that are an inherent part of their being (herding, working, swimming, pulling, holding, sniffing, barking, jumping, digging and chewing). Some are content to be couch potatoes. **All dogs need**

- * Yearly Veterinary Wellness Checks
- * Healthy Nutrition
- * Grooming for Self Esteem (who wants to pet a dirty dog?)
- * Quality Time with their Humans (this varies individually)
- * Exercise (appropriate)
- * Positive outlets to channel their natural instincts and natural energy

Canine Massage is a great way to calm oneself and our dog. Gently touching our pups and dogs from head to toe lowers blood pressure (for humans and dogs), increases circulation and desensitizes the dogs to touch for grooming and veterinary exams and feels good.

Do something healthy for yourself in your relationship with your dog. Dogs live in the here and now, so take a few minutes each day to get in touch with yourself and your dog. Breathe and be in the moment. The now is all that counts ... observe your dog. They wake up in the moment and it's a brand new day!



WELLBEING!

Mind Body Spirit For our Dogs Too!

Awareness
Education
Relationship
Well-Being

[Dog Talk](#)

Training and Wellness Sanctuary

24 Tenney Road
Pelham, NH 03076
(603) 635-DOGS (3647)



Take a Deep Breath~AHH~Exhale

Take a deep breath, exhale. For a moment, picture yourself being parachuted into a foreign country without any knowledge of the language or culture. Intimidating isn't it? What would you do to survive? Chances are-- you would be stressed out. You would quickly learn how to communicate in any way possible, soon discovering that some methods of communication are acceptable, while others can be quite offensive. This is similar to what puppies and adult dogs experience when learning how to communicate and survive in a human world.

Be aware that dogs have acutely keen senses. They view the world through wide-angled lenses. Your dog will also interpret every nuance of your emotional change, facial expressions and body movements. Depending on the level of training, understanding and awareness that has developed can make a difference on how your dog interprets, reacts or responds to these changes.

Training with awareness of what you are communicating will help to develop a respectful and trusting relationship between you and your dog. Taking a deep breath is an excellent way to begin each training session. Through-out your training sessions, taking deep breaths

can release tension and open up a mindful awareness of what is happening around you. It will calm you down, putting things into perspective. This calmness will automatically affect your dog's attitude.

This is helpful in all situations throughout your day. One, deep, cleansing breath will work wonders-- two, three or four are even more effective bringing oxygen to every cell and organ in your body. Will this rid your life of stress? NO! Only a lifestyle change can do that. It will make life more tolerable and help you to manage stress more successfully. You have complete control over one small change.

Your body will thank you. Your dog will thank you! So, pause, take a deep breath You deserve it.

As babies we breathe air naturally. As we age, and particularly while under stress, we tend to do rapid, shallow breathing, in the upper chest area. Most of the time, we are not even aware that we are breathing.

Learn your dog's signs of stress by observing their body language and response to yours. Their life is short enough. Their hearts beat faster than ours already. Knowing when to take a "time-out" to de-stress and de-compress may add a few years to your and your dog's life. Try these simple techniques:

BREATHING EXERCISE

- Take in a deep belly breath to the count of 4 into the diaphragm
- Hold for four to eight seconds ...
- Exhale ~ Release tension & stress
- Do it again & again, as needed.

BRIEF BODY RELAXATION

- Relax your facial muscles. Take a deep breath. Wiggle your jaw back and forth 5X.
- Rotate your shoulders forward a few times, then backwards.
- To the count of 10. . . slowly lift your shoulders up towards your ears; Hold for 5-seconds, slowly lower to the count of 10 to release upper body tension.
- Take mindful walks or meditate (sit quietly) letting the external float by.
- Dogs feel relief when they can expend energy and know you are calm.

*"Conflict is nature's prime motivator for change. Conflict is rarely about who is right. It is about acknowledgement and appreciation of differences." ~ Tom Crum
Author of "The Magic of Conflict"*