

**Dog Talk (Doga) Courtesy – Being Mindful of Others**  
**Nose-to-Navel Breath - (Ah-Ha)**  
**Awareness / Education / Relationship / Balance / Well-Being**  
**Mindfully Living and Learning with Dogs**



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Courtesy and kindness is for your comfort as well as others.

***Beginning of Practice: Warm-Up, Exercise, Relax, Release, Let-Go***

- 🐾 Silence your cell phone or leave it in the car. Being present, in the moment, will help you connect with, and train, your dog more easily.
- 🐾 Give yourself the gift of a deep nose-to-navel breath.
- 🐾 Enter the room calmly, observing, and finding a “space”.
- 🐾 Read Scan and Switch at [www.dailydoga.com](http://www.dailydoga.com) / scan the room, switch / redirect your dog.
- 🐾 Try not to sit too close to anyone. Keeping an arm’s length on each side helps to keep give you and your dog more space - and less stress.
- 🐾 No flexi-leads please. A regular leash will do.
- 🐾 10/5 – Be aware of what’s going on within 10-feet – Ask before entering another’s space bubble within 5 feet.
- 🐾 Bring your props (comfort toys) to class in a bag, making it easy to gather them quickly & quietly.
- 🐾 Keep your things near a wall or close to you will help to conserve space.
- 🐾 If you are late for class, take your place quietly and join in with the current flow – training exercises. Doing “your own thing” can be distracting for others.
- 🐾 Always tell the teacher if you or your dog has special needs or restrictions before class begins. This will help them to guide you through different exercises.

***Exercises / Postures and Training Sequences / Flow***

- 🐾 Do whatever you can do in class; otherwise you will be given a modified exercise.
- 🐾 A simple hand up and questions to clarify what’s going on in class may help others too.
- 🐾 Speaking out or walking off when the class is practicing disturbs the flow of the class. If you have several questions, ask after class.
- 🐾 If you can’t (or don’t want to) do something, find a space and relax. It’s okay, you have a choice.
- 🐾 Listen to your body and observe your dog’s body language and behavior *without judgment*.
- 🐾 Breathe! Each individual / dog is difference and some may need modification or extra help.

***Cool Down / Relax (Chillasana) / Relax / Letting Go, Ah-Ha***

- 🐾 Most dogs can easily learn the difference between train, play and relax.
- 🐾 At the end of the training exercise, cool down to remove lactic acid from the muscles. Relaxation is a good time to calmly ask questions while massaging (desensitizing) your dog to touch.
- 🐾 Be mindful that your tone of voice, emotions and body language reflect onto your dog.
- 🐾 If you need to leave early, quietly remove your equipment while keeping your dog close to you.
- 🐾 While rising at the end of class, be aware of others who may still be relaxing or waiting to talk to the teacher.

***Woof ~ Om (honoring the light in all beings)***