

Pre & Post Event Massage Workshop

**For Agility, Obedience & Working Dogs
Want To Help Your Dog To Be Their Very Best?**

Workshop Contents

- ✓ Why & How Massage REALLY works
- ✓ Bony Landmarks & Main Muscles - understand how your dog is put together
- ✓ Benefits of Warming Up & Cooling Down Your Dog before, after and inbetween runs
- ✓ Learn professional massage techniques safely and how and when to apply them
- ✓ Common Injury Areas - catch them before they become a problem!
- ✓ Tutorial 1 - The Pre Event Warm Up Routine - how to get your dog warmed up & ready for action
- ✓ Tutorial 2 - Post Event Cool Down Routine - how to soothe aching muscles, drain lactic acid and speed recovery
- ✓ BONUS Tutorial 3 - Massage Maintenance at home

Whatever discipline you compete in just remember its the muscles that pull on the bones to make your dog move. Muscle accounts for 45% of your dogs bodyweight and through massage you can positively influence the workings of your dogs vast muscular system.

How?

You will be taught to warm up and cool down your dog safely and effectively with professional massage techniques so you can improve their performance and reduce risk of injury.

So come along with your dog and learn massage skills that you can use time and time again that really work and see the difference for yourself!



To Book Your Place Call Today on
Tel: 01562 630535

Mobile: 07877 540728

www.K9massage.co.uk

1 Day Workshop Dates 2009

Sun 11th Jan (Birmingham)

Sat 31st Jan

Sun 22nd Feb

Sun 29th March

Sat 25 April

Sat 30th May

Bromsgrove, Worcs J4, M5

£75 9.30am-4.30pm

Limited number of 10 places per workshop

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A real insight into what's happening in my dog's body, I learnt loads and will never think of running my dog again before she's had her warm up! Also found my dog's assessment really fascinating and made me realise what's going on in her body and why, and how I can help her. Really enjoyed the day and would recommend it completely to other members of my club!
Holly & Penny

The day was great fun and really helpful too! Have achieved a much better understanding of how my dog 'works', I'm really looking forward to putting it all into practice!
Nic & Mookie & Shady



A very useful day, more involved than expected and helped with understanding why massage works. Warm up routine very good, will definitely use this in future. The dogs enjoyed it too! I would certainly recommend it to anyone who is serious about helping their dog to perform better and anyone looking to reduce the wear and tear on their dog which I think we all are!
Rachel, Ty, Del & Aquila

Absolutely Brilliant! Me and Belle really enjoyed ourselves and the knowledge we have gained is indispensable! This workshop should be a must for anyone who competes and wants to ensure the best for their dog's health.
Cheers!
Gill Hinton & Belle



Just the right mixture of practical and theory, Nat is a really good teacher and gave loads of extra advice, hints and tips throughout the day which was an added bonus. I never thought I could learn so much about my dog in one day! Will never run my dog without using the warm up routine again!
Rachel & Popette



I liked that the morning was getting to know the muscles and bones and that in the afternoon we used what we had learned. The range of techniques and when to use them was good as there was something for my young dogs just starting to compete and my older quiet dogs.

I liked that whilst we were doing and learning the exercises we had one on one help. If we were doing anything slightly wrong it was corrected quickly. Great presentation and had a good laugh too, dogs loved it! An amazing day all round!

