

A Beginners Guide To Canine Massage

A Fun, Enjoyable & Informative
1 Day Workshop
For You and Your Dog

With Natalie Lenton of
The Canine Massage
Therapy Centre
As Seen On TV!

WANT TO LEARN MORE ABOUT WHATS
UNDERNEATH YOUR DOGS SKIN?

DO YOU WANT TO LEARN HOW YOU CAN
BENEFIT YOUR OWN DOG AT HOME THROUGH
SAFE PRACTICAL MASSAGE?

WOULD YOU LIKE TO HELP YOUR DOG TO
RELAX, LOOSEN STIFF MUSCLES AND
IMPROVE THEIR MOBILITY?

DO YOU WANT A WAY TO INCREASE THE
BOND YOU SHARE WITH YOUR DOG

THEN BOOK YOUR & YOUR DOGS PLACE ON
THE WORKSHOP THAT HAS HELPED
HUNDREDS OF DOGS ACROSS THE UK!
IT REALLY WORKS!

Workshop Dates 2009

Sat 24th Jan

Sat 21st Feb

Sat 28th March

Sun 26th April

Sun 31st May

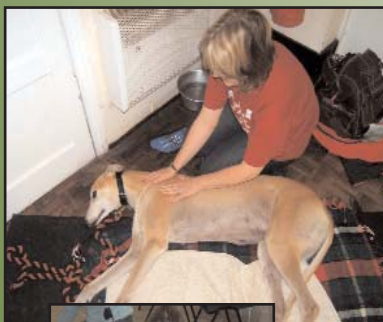
£75 9.30am - 4.30pm

Limited to 10 places/workshop

Bromsgrove, Worcs J1 M42/ J4 M5

Workshop Contents

- ✓ Let's Evaluate Your Dog
- ✓ Canine Anatomy & Physiology Basics
- ✓ What Are The Benefits Of Massage?
- ✓ How and Why Massage REALLY Works
- ✓ Learn & Practice The Fundamental Massage Techniques With Your Dog
- ✓ Contraindications
- ✓ Learn how to perform Passive Movement - an amazing technique that helps to promote your dog's mobility
- ✓ Understand and appreciate whats underneath your dogs skin
- ✓ Learn how to help relax your dog with your own Canine Massage Routine!



To Book Your Place Call Today on
Tel: 01562 630535

Mobile: 07877 540728

www.K9massage.co.uk

Good venue with a warm welcome. The day went very fast and we covered a great deal. I thoroughly enjoyed the day and would recommend it to any dog owner looking to improve their dogs health and bond with their dog. Made me appreciate that there is more to massage than meets the eye! Sue & Smasher



Great relaxed atmosphere, nice hall, enjoyed all the hands on stuff with my dog, really enjoyed learning about the muscles and bones, very friendly and enjoyable day, never seen my dog so relaxed! Enjoyed spending time with like minded people. Comes highly recommended.

Julie & William



Found all the anatomy and facts absolutely fascinating. I now feel better equipped to be able to benefit Bee's health at home and have so much more knowledge about my dog. Bee can be a bit nervous of other dogs so I couldn't believe how fast she settled down and by the end of the day felt more supple and flexible. I know she really enjoyed it too!

Holly & Bee



As a retired racing greyhound Henry has a few old injuries and twitchy bits so I know I will use all the techniques I learnt to help Henry at home as I have already seen the benefits of dog massage first hand. A brilliant day, nice to have one on one time with Nat, lots of time to ask questions and pick Nats brains! Have never learnt so much in a day! Feel I have a better understanding of whats going on in Henrys body! Amazing day, entertaining presentation!

Cathryn & Henry



Received this workshop as a birthday present and am glad I did! Feel I now understand more about whats underneath Raisins skin and will be able to help them her home. Loads of advice and tips given throughout the day made it a really beneficial day for us both. We worked hard, learnt loads and had lots of fun and laughs too! Great biscuits too! Thanks Nat!!

Leanne & Raisin



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!



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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

Pre & Post Event Massage Workshop



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!

