

Pre & Post Event Massage Workshop

Enhance Performance & Reduce Risk Of Injury - 1 Day Workshop

Workshop Contents

- ✓ How Massage can positively enhance your dogs performance and why it works
- ✓ The Engineering Of Your Dog - learn the main muscle groups that influence your dogs performance - know what you are working on
- ✓ Benefits of Warming Up & Cooling Down Your Dog before, after and inbetween runs
- ✓ Common Stress areas that can affect performance - 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
- ✓ Tutorial 3 - Massage Maintenance at home



LEARN HOW MASSAGE CAN BENEFIT YOUR DOGS PERFORMANCE

The Canine Massage Therapy Centre invites you & your dog to a dedicated day of **Canine Massage For The Agility, Obedience & Sporting Dog**

Learn techniques for yourself that you can readily apply that will aid your dog and ensure that injury is kept to a minimum while their performance is catapulted to a maximum!

Human athletes have known the benefits of massage for years and it is a tool that is applied consistently as part of their training, performance and recovery so why should your dog be any different?!

1 Day Workshop Dates 2008

Friday 26th September

Saturday 18th October

Sunday 30th November

Bromsgrove, Worcs J4, M5

£75 9.30am-4.30pm

Limited number of 10 places per workshop
Book Early!

**Or Hold A Workshop In Your
Hometown Anywhere In the UK!**

What You Will Need:

- Your Dog
- A Comfortable Mat or Pad For Your Dog
- A Small Cushion
- Lunch
- Water Bowl
- Enthusiasm & a desire to learn more about ways to benefit your dogs health!

To Book Your Place Call Today on
Tel: 01562 630535
Mobile: 07877 540728
www.K9massage.co.uk