

Body Awareness and Core Strengthening Workshop

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Two Options: Beginner and Continuing Students

Using the Theraball and other props to strengthen and exercise your dog is a fun and entertaining way to build a bonding relationship.

These exercises and tricks reduce the chance of injury, increase balance and overall performance.

If it is raining or 90° outside, this is a great way to exercise your dog.

A basic beginner and advanced workout on the Theraball will be demonstrated as well as an explanation of the benefits of muscle toning, balance, and overall stimulation that working with the Theraball can give your dog. Doing these exercises will



increase range of motion, flexibility, reflexes, and leads to increased muscle tone and endurance.

We will be working on hind end awareness and strengthening using core discs, steps stool, aerobic steps as well as fun tricks. Continually doing these exercises and tricks will benefit your dog physically, mentally and will deepen the human dog bond.

In addition you will learn techniques to safely stretch your dog's muscles with an explanation of how often and duration of stretch.

Brought to you by:
Bobbie Lyons
503-329-1235

Email: pawsitiveperformance@yahoo.com
website: www.pawsitive-performance.com



If you want to have **fun** with your dog, please join us for this interactive, very informative seminar.

When:

Sunday, June 20th, 2010

9am —12:00 noon Beginner

12:30-2:30 (approx) Continuing Students

The advanced workshop will work on more advanced ball work, floor exercises and stretching. If you have taken the beginner course previously the advanced course will take you and your dog to the next level of fitness.

Contact Joan Armstrong for more information at:

Workshop Location:

Dog Days Training
7206 NE 37th Ave Suite A
Vancouver, WA 98665
360-608-0867

www.dogdaysnw.com
info@dogdaysnw.com

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Registration:

(please return with check payable to Dog Days Training)

Please choose a time slot and participation option. Time slots are not guaranteed and may need to be adjusted.

_____ 9am—12:pm Beginner

_____ 12:30-2:30pm (approx) Continuing Students

_____ Working Spot (\$60)

_____ Auditor (\$35)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Phone Number: _____

Dog's Breed: _____

Dog's Name: _____

Behavior Issues: _____

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